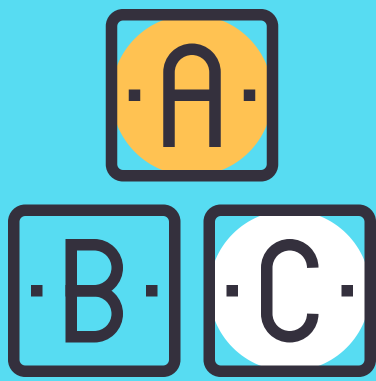


Social Emotional Learning

RESEARCH ON QUALITY SOCIAL EMOTIONAL LEARNING (SEL)



WHAT IS SEL?

SEL is how children and adults learn to understand and manage emotions, set goals, show empathy for others, establish positive relationships, and make responsible decisions.

BETTER ACADEMIC PERFORMANCE

- Achievement scores an average of 11 percentile points higher than students who did not receive SEL instruction

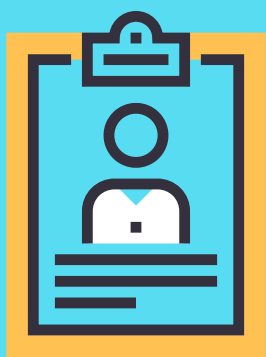


IMPROVED ATTITUDES AND BEHAVIORS

- Greater motivation to learn, deeper commitment to school, increased time devoted to schoolwork, and better classroom behavior

FEWER NEGATIVE BEHAVIORS

- Decreased disruptive class behavior, noncompliance, aggression, delinquent acts, and disciplinary referrals



REDUCED EMOTIONAL DISTRESS

- Fewer reports of student depression, anxiety, stress, and social withdrawal.

CLICK ON THE LINKS BELOW FOR MORE INFORMATION

- [Video: SEL for Parents](#)
- [\[Parent Tips\] 5 Common Questions About Social and Emotional Learning](#)