

Social Emotional Learning in VBCPS

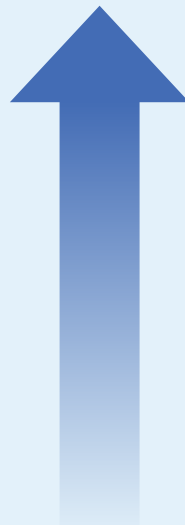
Social Emotional Learning is formally defined as the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.¹

Social emotional learning has FIVE key competencies



¹Collaborative for Academic, Social, and Emotional Learning (CASEL) website. Retrieved from <https://casel.org/what-is-sel>

Social emotional learning BENEFITS students by



SUPPORTING THE VBCPS GRADUATE PROFILE



Durlak, J. A., Weissberg, R. P., Dymnicki, A. B., Taylor, R. D., & Schellinger, K. B. (2011). The impact of enhancing students' social and emotional learning: A meta-analysis of school-based universal interventions. *Child Development*, 82, 405-432.

School staff can SUPPORT social emotional learning by

