

Social and Emotional Learning

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

Self-awareness



Self-management



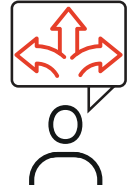
Social awareness



Relationship skills



Responsible decision-making



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

Social emotional learning **BENEFITS** students by

IMPROVING

Academic Performance



Mental Health



Social Skills



Attitudes towards self and others



Positive Behavior



SUPPORTING OUR 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



Providing a safe and welcoming, equitable, learning environment



Using social-emotional learning strategies that are embedded into the Teaching and Learning Framework





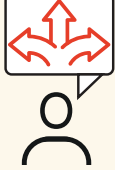


Enhancing student engagement in classroom, school, and community activities



Establishing strong tiered levels of support to respond to student needs

The FIVE Core Competencies of Social-Emotional Learning

COMPETENCY	DEFINITION	SKILLS
Self-Awareness 	Identifying one's thoughts, emotions and strengths, and recognizing how they influence one's choices and behavior.	<ul style="list-style-type: none"> • Identify feelings and emotions • Recognize interests, strengths and personal values • Develop a growth mindset • Build self-efficacy and develop a positive identity
Self-Management 	Managing one's emotions, thoughts and behaviors effectively in different situations to achieve short- and long-term goals and aspirations.	<ul style="list-style-type: none"> • Manage one's emotions • Identify and use well-being and stress management strategies • Set, monitor, adjust and evaluate personal and academic goals • Demonstrate self-advocacy
Social Awareness 	Identifying and understanding others' thoughts, emotions and strengths; respecting their rights; and appreciating diversity.	<ul style="list-style-type: none"> • Recognize and respect human dignity, including culture and differences • Understand others' perspectives • Practice empathy, gratitude and compassion • Build awareness of national and world issues and events and their impacts
Relationship Skills 	Establishing and maintaining healthy and rewarding connections with individuals and groups through communicating, listening and collaborating.	<ul style="list-style-type: none"> • Develop positive relationships • Work interdependently while collaborating and problem-solving • Listen actively and communicate clearly for a variety of audiences • Resolve conflict constructively
Responsible Decision-Making 	Making caring, constructive and responsible decisions about personal behavior and social interactions based on ethical standards, social norms and safety concerns.	<ul style="list-style-type: none"> • Gather, analyze and evaluate information and ideas • Raise vital questions • Develop positive solutions to problems, challenges, or unmet needs • Seek or offer support and help when needed • Balance different aspects of life (academic, physical and emotional) to achieve well-being

