

# Introduction to Social and Emotional Learning (SEL)

## What is Social and Emotional Learning (SEL)?

Social and Emotional Learning (SEL) is the processes through which children and adults acquire and effectively apply knowledge, attitudes, and skills across five social and emotional competencies:

- self-awareness
- self-management
- social awareness
- relationship building
- responsible decision-making

## Why is it important?

SEL programs foster positive effects on students' social-emotional skills, relationships with peers and teachers, attitudes towards self, school, and others, social behaviors, conduct problems, emotional distress, and academic performance (Payton, et al, 2008).

Students who participate in SEL programs demonstrate an average gain on achievement test scores of 11 to 17 percentile points (Payton et al., 2008), have grade point averages that are 11 percent higher than their peers (Zins, Weissberg, Wang, & Walberg, 2004), and are less likely to engage in high-risk behaviors that interfere with learning, such as violence and drug and alcohol use (Hawkins et al., 1997).

Schools that teach SEL have fewer suspensions and expulsions and better student attendance (Dymnicki, 2007).

### Social & Emotional Learning Core Competencies



## SEL Resources

### Books

- Social and Emotional Learning in the Classroom* by Kenneth Merrell and Barbara Guedner
- Building Academic Success on Social and Emotional Learning: What Does the Research Say?* by Joseph E. Zins, Roger P. Weissberg, Margaret C. Wang, and Herbert J. Walberg
- The Educator's Guide to Emotional Intelligence and Academic Achievement* by Maurice Elias and Harriett Arnold
- Social and Emotional Learning: A Critical Appraisal* by Neil Humphrey
- Emotional Intelligence: Why It Can Matter More Than IQ* by Daniel Goleman
- Social Intelligence: The New Science of Human Relationships* by Daniel Goleman

### Assessments

- Social-Emotional Assets and Resilience Scales (SEARS): <http://strongkids.uoregon.edu/SEARS.html>
- Social Skills Improvement System (SSiS)

### Articles

Multiple articles and briefs are available at [www.casel.org](http://www.casel.org).

### Websites

- [www.casel.org](http://www.casel.org)  
The Collaborative for Academic and Social and Emotional Learning (CASEL) is an organization dedicated to advancing the field of social and emotional learning in an effort to integrate SEL programs within PK-12 educational programs.
- <http://greatergood.berkeley.edu/>  
The Greater Good Science Center at U of C Berkeley studies the psychology, sociology, and neuroscience of well-being, and teaches skills that foster a thriving, resilient, and compassionate society.
- <http://www.edutopia.org/social-emotional-learning>  
Resource for SEL.
- <http://csefel.vanderbilt.edu>  
The Center on the Social and Emotional Foundations for Early Learning (CSEFEL) promotes the social and emotional development and school readiness of children birth to age 5. [www.pacer.org](http://www.pacer.org)
- [www.schoolclimate.org](http://www.schoolclimate.org)  
The National School Climate Center (NSCC) is an organization that helps schools integrate social and emotional learning with academic instruction.
- [www.promoteprevent.org](http://www.promoteprevent.org)  
The National Center for Mental Health Promotion and Youth Violence Prevention provides training and technical assistance to Safe Schools/Healthy Students and Project LAUNCH grantees funded by the U.S. Departments of Education.
- [www.wholechildeducation.org](http://www.wholechildeducation.org)  
ASCD's Whole Child Initiative is an effort to change the conversation about education from a focus on narrowly defined academic achievement to one that promotes the long term development and success of children.