

What is Social & Emotional Learning ?

SEL is about supporting children, youth and adults in achieving academic, post-secondary, career, and life success. SEL involves acquiring and effectively applying knowledge, attitudes and skills to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, make responsible and caring decisions, and demonstrate behaviors that contribute to academic success.

-Palm Beach County's Birth to 22 Definition



SEL Core Competencies

5 types of skills that help us lead fulfilling lives and be successful in school and careers.



Self-Awareness: Ability to develop a healthy sense of who you are, recognize your strengths and limitations with a well-grounded sense of confidence and purpose, and better understand your thoughts and feelings.



Self-Management: Ability to effectively manage stress, work through your thoughts and feelings, and initiate self-motivation to set and achieve goals.



Social Awareness: Ability to better understand different views and have empathy for others.



Relationship Skills: Ability to communicate clearly, connect with others, and resolve conflict in a constructive way.



Responsible Decision-Making: Ability to make caring and constructive choices, analyze your actions and how they can impact yourself and others, and find solutions.

For More Information

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Social & Emotional Learning



Benefits of SEL

Decades of research confirm that SEL:



**Boosts
Academics**

**Increases student
academic performance**
by up to 11 percentile
points.

Helps students **manage
stress and depression**,
**improves their
attitudes** about
themselves, others, and
school, and **increases
well-being**.



**Improves Mental
Health & Wellness**



**Benefits ALL
Student Groups**

Shows an impact on
development across **all
demographics and
backgrounds**.



**Supports Workforce
Development**

**6 out of the top 10 in-
demand career skills
involve SEL**, like complex
problem solving, critical
thinking, and creativity.

From "What Does the Research Say?" & "How Does SEL Support Your Priorities?" on casel.org



**Reinforces
Character
Education**

Builds the skills necessary
for students to **meet**
**Florida Character
Education
Expectations.**
(Florida Statute 1003.42).



What Does SEL Look Like in School?

Supportive Climate & Culture: Adults foster a safe,
inclusive, and positive learning environment focused on
building relationships and community.

Explicit Instruction: Teachers, school counselors, and
behavioral health professionals teach strategies and
skills related to the five core SEL competencies to help
young people be successful in school and in life.

Application: Adults support young people with using
SEL skills throughout the day. For example, listening to
others' perspectives during a reading lesson, working
together on a science project, using a stress
management strategy before taking a mathematics
test, resolving a conflict on the playground during
recess and/or making new friends during afterschool...

Youth Voice & Engagement: Adults honor and
elevate a broad range of student perspectives and
experiences by engaging youth as leaders, problem-
solvers, and decision-makers on campus.

Authentic Family Partnerships: Families and school
staff have many meaningful opportunities to build
relationships and collaborate to support students'
social, emotional, and academic development.

Separating Fact from Fiction



SEL **boosts academic
performance** and
deepens engagement with
content.

It is **not** a distraction
from academics

SEL builds relationships and
skills that promote
healthy well-being.

It is **not**
therapy.

SEL helps students
**understand different
perspectives** and
share ideas.

It is **not**
a way to teach students a
specific agenda.

SEL is shaped by local
priorities set by
**schools, families, and
communities.**

It is **not**
one-size fits all.

From casel.org

