

SOCIAL EMOTIONAL LEARNING



Social Emotional Learning **DEFINED**

Social Emotional Learning (SEL) is the way in which human beings learn to manage and process emotions and interact with each other in various relationships throughout their lives. SEL is the process through which people gain the skills of self-awareness, self-management, social awareness, decision making, & relationship skills. The stronger a person is in these skills the more successful they will be academically, socially & professionally.



What are the **BENEFITS** of Social Emotional Learning?

Data shows that large numbers of students face significant social, emotional and mental barriers that prevent them from succeeding in school and life. These barriers often lead to students engaging in risky behaviors such as alcohol and drug use, violence and bullying and risky sexual behaviors. This leads to students disengagement from school. Research shows that students who participate in SEL programs not only perform better academically but they are also less likely to engage in risky behaviors.

How does Social Emotional Learning **CONNECT** to career success?

SEL skills gained during the PK through high school years will serve children long past their HSD years. Students at HSD will gain employability skills such as problem-solving, teamwork and critical thinking. These skills have been identified by today's employers and educators as important for success in both career and college opportunities.

SELF-AWARENESS	SELF-MANAGEMENT	SOCIAL AWARENESS	RELATIONSHIP SKILLS	RESPONSIBLE DECISION MAKING
IDENTIFYING EMOTIONS	IMPULSE CONTROL	PERSPECTIVE-TAKING	COMMUNICATION	IDENTIFYING PROBLEMS
ACCURATE SELF-PERCEPTION	STRESS MANAGEMENT	EMPATHY	RELATIONSHIP BUILDING	ANALYZING SITUATIONS
RECOGNIZING STRENGTHS	SELF-DISCIPLINE	APPRECIATING DIVERSITY	TEAMWORK	SOLVING PROBLEMS
SELF-CONFIDENCE	SELF-MOTIVATION	RESPECT FOR OTHERS	SOCIAL ENGAGEMENT	EVALUATING
SELF-EFFICACY	GOAL SETTING			REFLECTING
	ORGANIZATIONAL SKILLS			ETHICAL RESPONSIBILITY