

What Are The Benefits of Social-Emotional Learning?

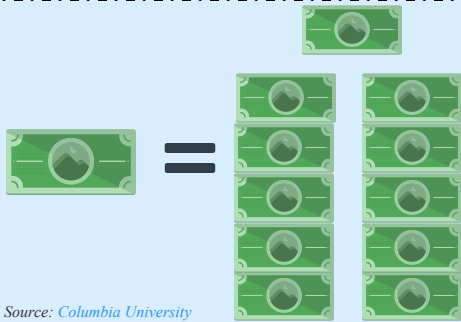


A meta-analysis covering three decades of research, found that social-emotional learning interventions increased students' academic performance by 11-percentile points compared to those that did not participate in SEL programs.

11
Percentile
Academic
Gains



Source: Durlak et al., 2011



Source: Columbia University

On average, there is an \$11 return on investment for every one dollar spent on Evidence-Based Social-Emotional Learning Programming—ranging from a reduction in suspension rates, juvenile crime rates, higher lifetime earnings, and overall better mental and physical health.

Research shows teaching social-emotional skills in kindergarten increases graduation rates and has several overall positive long-term effects lasting into adulthood.

Source: Child Trends



EMPLOYABILITY
SKILLS

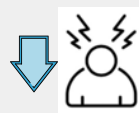
The top four skills employers want in graduates according to the Forbes report:

- (1) the ability to work in a team,
- (2) the ability to solve problems,
- (3) the ability to make decisions, and
- (4) the ability to communicate verbally with people inside and outside an organization.

Source: Adams, 2014

Research has demonstrated ongoing SEL professional development and coaching for educators provides numerous positive benefits for teachers.

- Increase positive feelings about their job and students
- Increase efficacy for regulating emotions
- Reduction in stress levels
- Increase in overall SEL competence



Source: Hanover Research

Social-Emotional Competencies In The Classroom



For more information about the Indiana SEL Competencies or the below strategies, please visit the [Indiana Department of Education Website here.](#)

Mind-Body Connection

**SENSORY-
INTEGRATION**



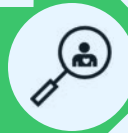
Deep Breathing Exercises

Focused Attention Practices

Mindfulness Practices

Emotional Awareness & Positive Sense of Self

INSIGHT



Feeling Word Wall

Educators use Affective Statements & Process Praise

Promote Student Voice

Impulse Control

REGULATION



Teach "What if.." & "If/then" strategy

Teach Healthy Coping Strategies & Recognizing Stressors

Thinking and/or Reflection Sheets

Conflict Resolution & Decision-Making

COLLABORATION



Teach, Model, & Practice "I-Messages"

Collaborative Learning Games

Restorative Practices

Perspective Taking & Empathy Development

CONNECTION



Culturally Responsive Teaching & Engagement

Mentoring Programs

Service Learning

Critical Analysis, Judgment, & Problem-Solving

**CRITICAL-
THINKING**



SMART Goals
Focus on learning goals instead of achievement only goals

Use of Student Learning Journals

Use of Formative Assessments

Persistence & Resilience

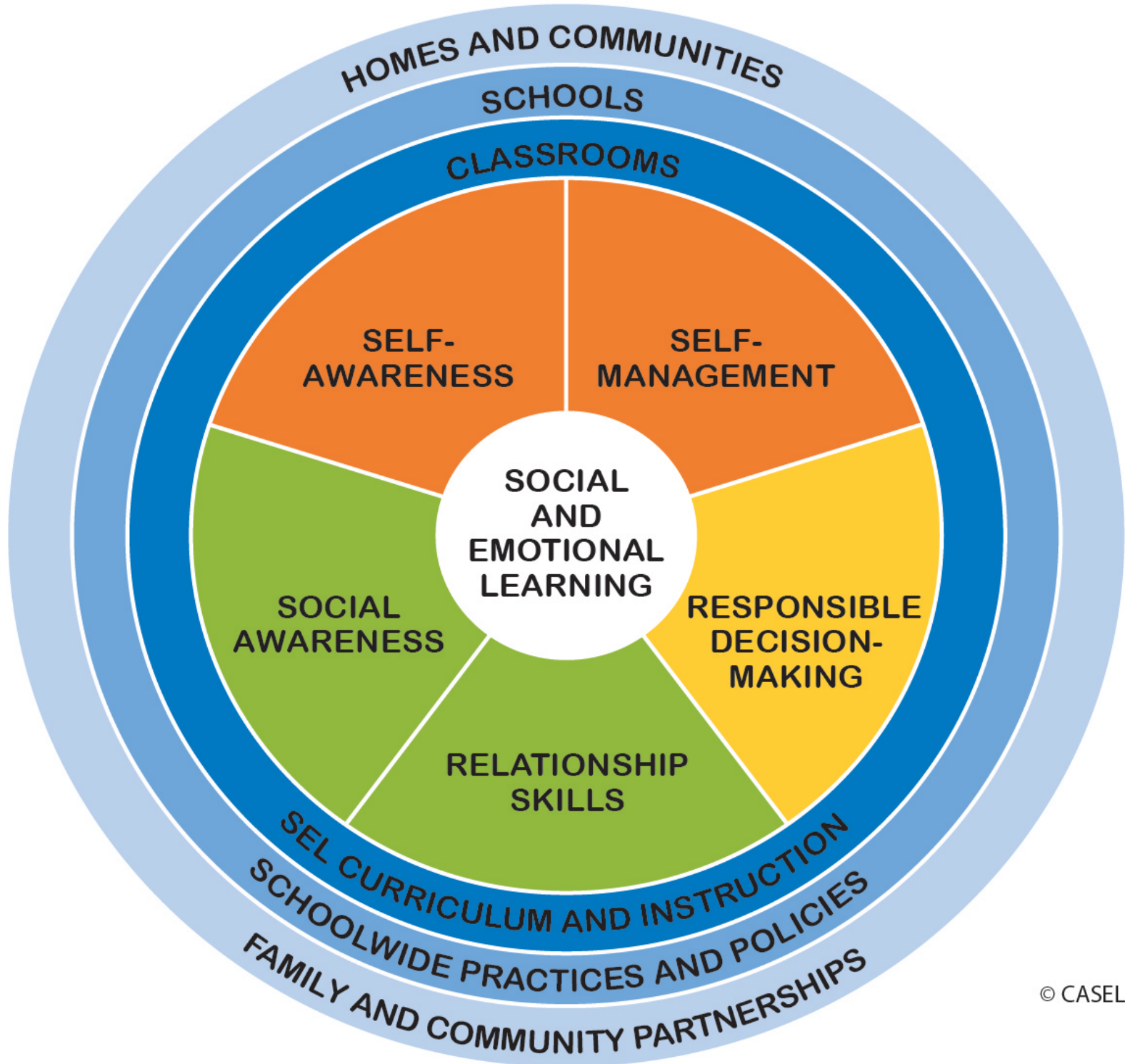
MINDSET



Growth Mindset Visual Aids In Classroom

Process Praise Language

Student Conference; Provide Growth-Oriented Feedback



Helpful Links:

<https://www.casel.org/>

<https://www.doe.in.gov/sebw>

<https://www.understood.org/en>

<https://www.edutopia.org/>