

*What is*

# SOCIAL EMOTIONAL LEARNING?

According to the Collaborative for Academic, Social, and Emotional Learning (CASEL), social emotional learning is “the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.”

## DID YOU KNOW?

According to CASEL’s website,

- Research shows that SEL programming improves academic performance.
- SEL can decrease the likelihood of living in or being on a waiting list for public housing, receiving public assistance, having any involvement with police before adulthood, and ever spending time in a detention facility.
- SEL can improve students’ behavior in the classroom and decrease their risk for experiencing depression and other mental health disorders.
- SEL can give students the social skills they need to excel both in the school environment and the workplace.

## CASEL *Core Competencies*

**SELF  
MANAGEMENT**

**SELF  
AWARENESS**

**SOCIAL  
AWARENESS**

**RELATIONSHIP  
SKILLS**

**RESPONSIBLE  
DECISION MAKING**