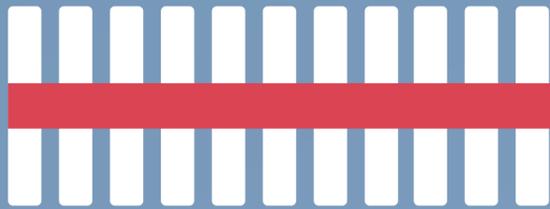# Supporting and implementing

SEL

Satchel Pulse

Introduction

The purpose of this infographic series is to:

- Highlight the importance of SEL and the research supporting this
- Build life skills with the five core CASEL competencies
- Embed SEL in the classroom
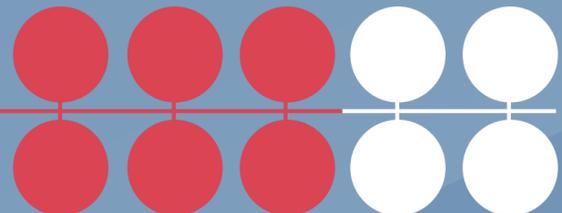- Support SEL with community partnerships

Why Social and Emotional Learning?

Decades of research confirm that students benefit from SEL both in school and in life.

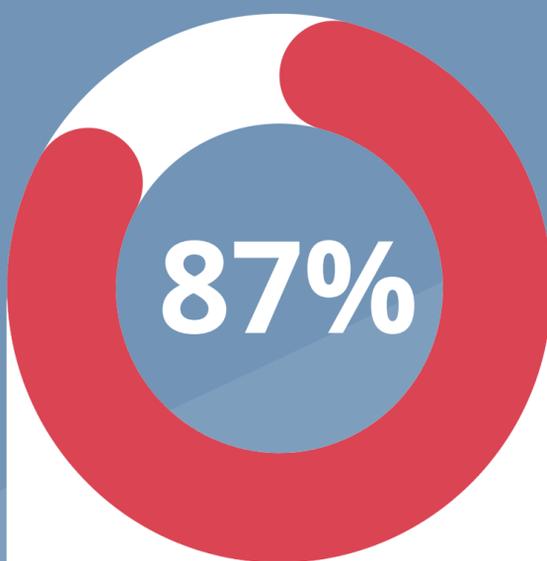Students' academics **increased 11 percentile points** compared to students without SEL.

6 of the top 10 in-demand career skills involve SEL, like complex problem solving and critical thinking
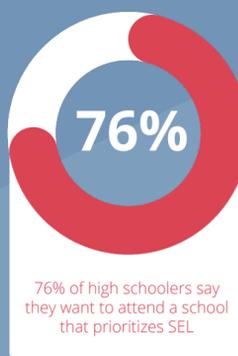
Increased well-being up to 18 years later and decreased the likelihood of receiving public assistance.

Students managed stress and **improved** their **attitudes** about themselves, others, and school.
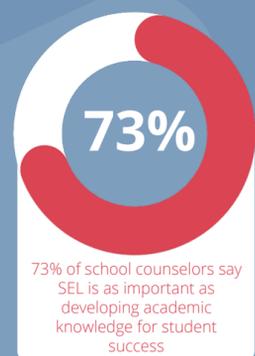
A majority of students, teachers, and families agree that **social and emotional** learning is vital in schools.

87%

87% of parents believe **SEL** is important in helping children navigate today's world

76%

76% of high schoolers say they want to attend a school that prioritizes SEL

73%

73% of school counselors say SEL is as important as developing academic knowledge for student success

99% of school principals believe that **SEL is critical** in school.

99%

99% of educators say that SEL improves student outcomes.

90%

According to 90% of teachers, SEL improves academics.

92%

92% of employers say these skills are equal to or more than technical skills.

Build life skills with Social and Emotional Learning

CASEL outlines five core social and emotional learning competencies that help us lead fulfilling lives.

Self-awareness to develop a healthy sense of who you are, and better understand your thoughts and your feelings.

Examples:
· Demonstrating honesty and integrity
· Having a growth mindset

Self – Awareness

Self — Management

SOCIAL AWARENESS

Self-management to manage your thoughts, feelings, and actions towards goals.

Examples:
· Showing the courage to take initiative
· Setting personal and collective goals

Social awareness to better understand different views and have empathy for others.

Examples:
· Recognizing situational demands
· Understanding and expressing gratitude

Relationship
Skills

Relationship skills to communicate and connect, problem solve together, and stand up for others.

Examples:
· Showing leadership in groups
· Resisting negative social pressure

Responsible
decision - making

Responsible decision-making to make constructive choices, analyze our actions, and find solutions.

Examples:
· Recognizing how critical thinking skills are useful
· Identifying solutions for personal and social problems

From: "What is the CASEL Framework?" on casel.org

Embedding SEL in the classroom

Through schoolwide SEL, your team can ensure that SEL is woven throughout academic instructional time to support learning.

Explicit instruction

Use an evidence-based approach to teach SEL skills in a focused, explicit way and on a regular schedule.

Teach SEL in a way that is developmentally appropriate and culturally responsive for your students.

Students should lead routines, share their perspectives, and reflect on their experiences during SEL instruction.

Integration of SEL into academic instruction

Prepare students to engage in classroom discussions by listening to their peers, and respectfully challenging ideas.

Ask open-ended questions to surface student thinking and probe students to elaborate on their responses.

Use collaborative structures that require students to communicate, cooperate, share responsibility, and problem-solve.

Supportive classroom climate

Facilitate class meetings or other community-building activities to cultivate a culture of personal connection, mutual support, and belonging.

Teach, model, and reinforce language and strategies that help students to express empathy, resolve conflicts, and self-regulate.

Check-in with your students and follow up with them about their perspectives, thoughts, and if they have any concerns.

From: "What is the CASEL Framework?" on casel.org

Support SEL with community partnerships

Leverage strategic and aligned community partnerships that ensure students receive consistent SEL supports.

Engage community organizations

Partner with out-of-school-time leads to ensure that **two-way communication structures** are in place to help the school and provider learn from one another.

Identify and reach out to organizations that specialize in services and supports aligned with **SEL**, and/or students' academic achievement.

Collaborate with **community organizations and programs** that are able to provide specialized skills that may not be available in the school.

Link families with community resources

Identify community organizations, programs, or activities that **support health, recreation, social support, and cultural sensitivity**.

Keep an **inventory of assistance agencies available** in the community and help families access them when needed.

Utilize support from the district related to family involvement in the context of community organizations and services.

Create community-based experiences for students

Reach out to organizations or businesses to schedule opportunities for **student apprenticeships, jobs, and summer internships**.

Partner with local organizations to identify **opportunities for students to learn** about what the business or organization does to help support their community.

Organize ways to demonstrate **the school's commitment to its surrounding community** such as organizing a clean-up event for the school grounds.

From: "Community Partnerships" on casel.org

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