

What is SEL?

The process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.¹

The Benefits

For students involved in SEL programs, studies show benefits in many areas:

Kindergartners who were stronger in SEL competence were more likely to graduate from high school, complete a college degree, and obtain stable employment in young adulthood.²

The top 10 skills identified by the World Economic Forum all involve social and emotional competence.³

Teachers who possess higher SEL competencies are more likely to stay in the classroom longer.⁴

Increased

Academic performance
SEL skills
Positive attitudes
Positive social behaviors

Decreased

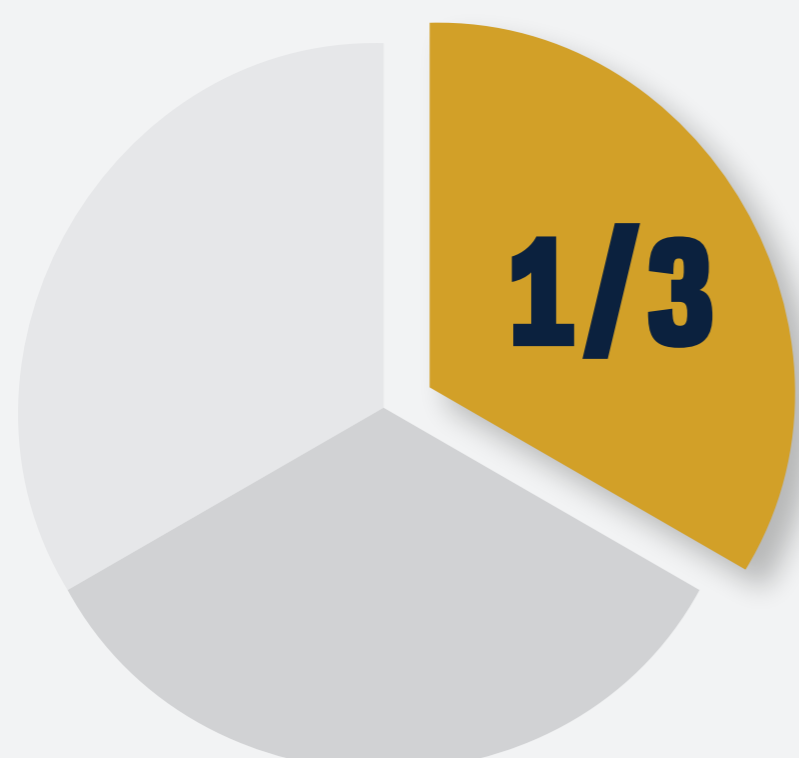
Conduct problems
Emotional distress
Risk of drug use⁵

11%

Supporting students' social and emotional development can produce an 11 percentage-point gain in academic achievement in terms of grades and test scores.⁶

The return on investment in social and emotional programming and practices is estimated to be:⁷

\$11 to \$1



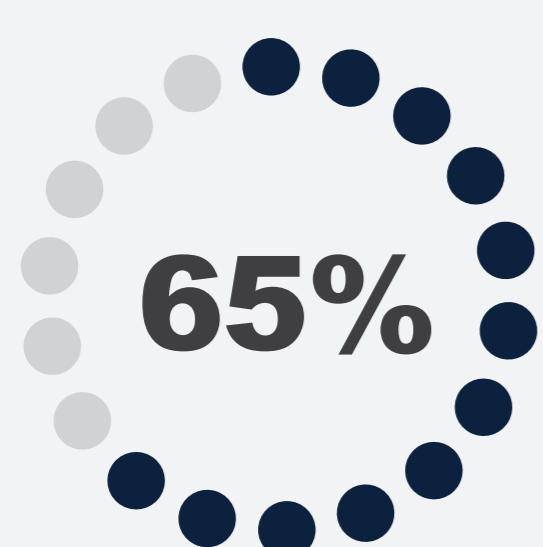
One-third of youth globally experience bullying in schools, according to UNESCO.⁸ Bullying in schools affects the ability of youth to learn, can contribute to feelings of worthlessness, and leads to higher dropout rates. Many SEL programs help combat bullying by teaching children (and teachers/ caregivers) how to communicate, problem solve, empathize, and regulate emotions.

The SEL Buzz

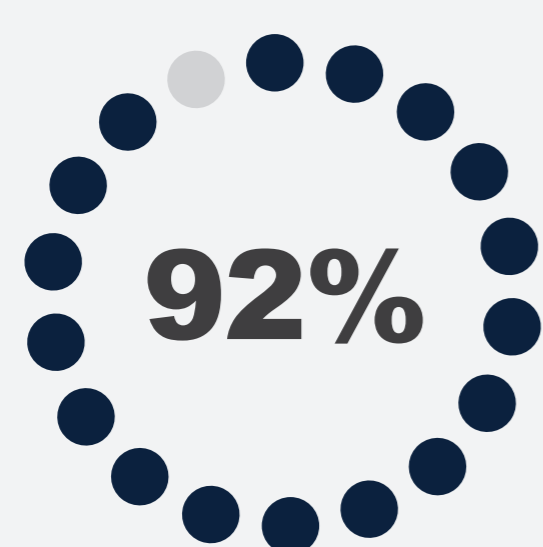
81% Parents

93% Teachers

Believe social and emotional learning is just as important as academic learning.⁹



of surveyed executives say they would rather colleges build up students' life skills.¹⁰



of surveyed executives say skills such as problem-solving and communicating clearly are equally or more important than technical skills.¹¹



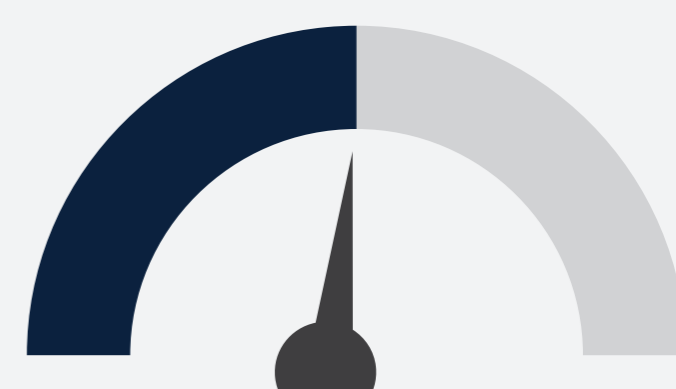
93%

of teachers want a greater focus on SEL in schools.¹²



22%

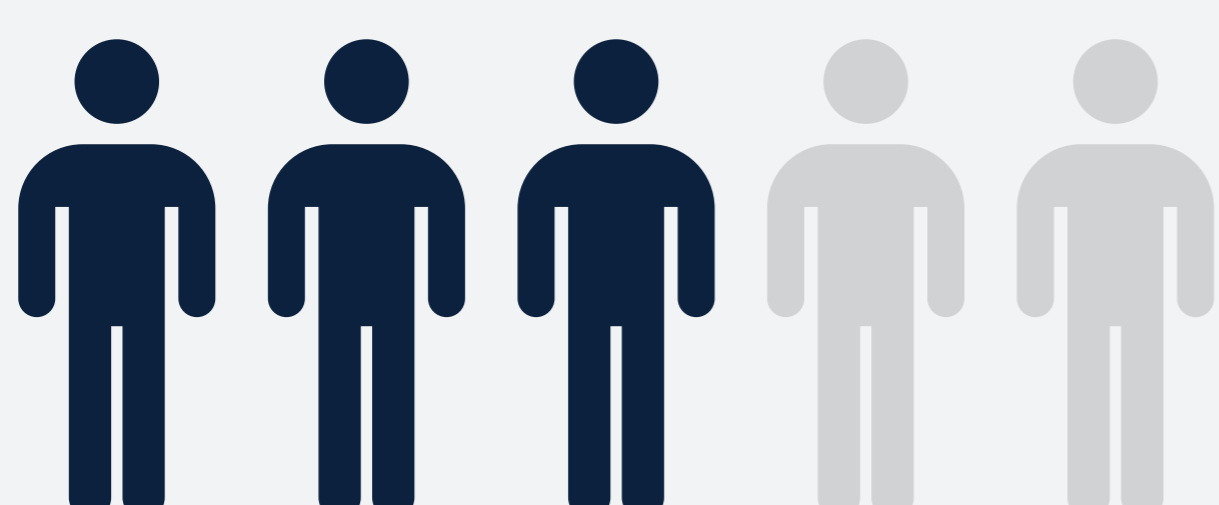
of teachers feel they are "very prepared" to teach SEL.¹³



51%

of teachers report that the SEL professional development* is not sufficient.¹³

*at their school



3 out of 5 parents believe "being happy/not overly stressed" is more important than academics.¹⁴