

# The Importance of Social Emotional Learning

Social Emotional Learning (SEL) is the process through which students 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.

SEL can be a significant part of student's overall education. Targeting the development of these skills can help prepare students for a productive future.

# SEL Competencies

**Self-Awareness:** Demonstrate awareness of their emotions, personal traits, including their strengths and interests, awareness of external supports and a sense of personal responsibility.

**Self-management:** Identify and manage their emotions and behavior. Demonstrating honesty and integrity. The ability to set, monitor, adapt and evaluate goals to achieve success in school and life.

**Social awareness:** Demonstrate awareness of other people's emotions and perspectives. Shows consideration for others and a desire to positively contribute to their communities.

**Relationship skills:** Uses positive communication and social skills to interact effectively with others. Develop and maintain positive relationships. Demonstrate an ability to prevent, manage and resolve interpersonal conflicts in helpful ways.

**Responsible decision making:** Uses personal, ethical and safety factors in making decisions. Develop, implement and model effective decision-making skills to deal responsibly with daily academic and social situations. Play developmentally appropriate role in classroom and school climate.

## Focus Topics for 2021-2022

Diligence, Cooperation, Fairness, Honesty, Acceptance, Self-Control, Patience, Optimism, Gratitude, Integrity, Responsibility, Consideration, Loyalty, Leadership, Courage, Sportsmanship, Citizenship and Mindfulness