



Social emotional learning



What is SEL?

The mindsets, skills, attitudes and feelings that help students to succeed in school and life. It includes:

**Motivation, Self-regulation
Self-efficacy, Growth mindset
Resilience, and Social connection**



Why is SEL important?

Supporting social emotional development leads to higher academic achievement, a positive sense of wellbeing is a strong predictor of success in later life.

Embedding SEL in a school culture builds stronger teacher-student relationships.

This is what you need to know:

-  1 SEL is malleable in children and young adults
-  2 Explicitly teach strategies that promote SEL
-  3 Integrate the teaching of SEL strategies into all learning programmes
-  4 Short-term interventions tend to yield short-term results
-  5 Establish common definitions of SEL among all stakeholders
-  6 Establish consistent strategies to teach SEL throughout the school
-  7 Encourage ongoing discussion and reflection around SEL among teachers
-  8 Track student progress in SEL at both an individual and school-wide level
-  9 Use both formal school-wide social emotional assessments and informal teacher evaluations