

A Deeper Dive into Social and Emotional Learning (SEL)

THANK YOU for participating in the February 2024 restorative workshop, a part of the *Replenish Series* designed by Dr. Rajni Shankar-Brown and brought to PA in partnership with the [Center for Schools and Communities](#) as a part of the ARP-HCY initiative. This handout highlights some of the key concepts discussed at our session and provides extended resources for further exploration, learning, and growth.

According to the *Collaborative for Academic, Social, and Emotional Learning* (CASEL, 2024):

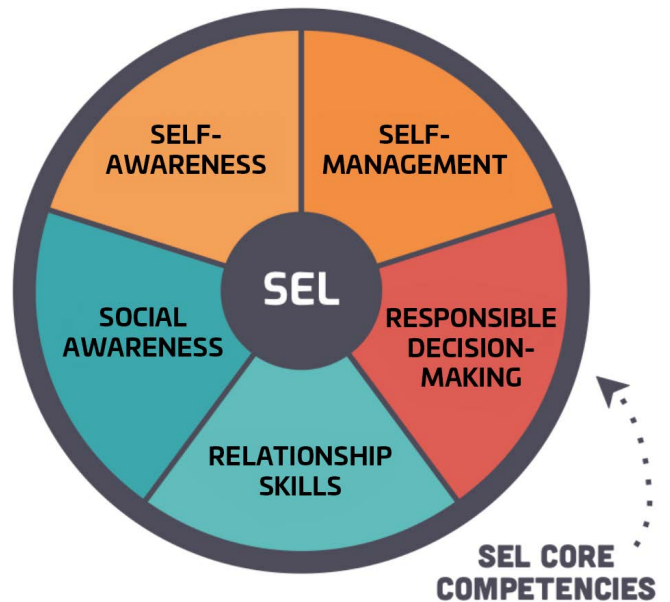
Social Emotional Learning (SEL)

is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel, and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

What are some of the benefits of SEL?

- Increases self-awareness and metacognition.
- Improves mental and behavioral health.
- Promotes social-emotional wellbeing.
- Improves attendance and engagement.
- Leads to better academic performance.
- Transfers across subjects and grade levels.
- Effective in diverse cultural contexts.
- Increases motivation and perseverance.
- Develops self-regulation and control.
- Improves communication skills and encourages active listening.
- Promotes healthy decision-making choices.
- Teaches compassion and empathy.
- Increases safety and cultivates positive climate in schools and communities.
- Reduces aggression and builds effective conflict-resolution skills.
- Encourages healthy relationships.
- Increases graduation rates.
- Teaches valuable coping skills.
- Supports trauma-informed care and promotes healing-centered engagement.

★ **IMPROVES LIFE OUTCOMES!**



Keep growing! Here are a few extended learning resources:

BOOK: [All Learning is Social and Emotional: Helping Students Develop Essential Skills for the Classroom and Beyond](#) by Nancy Frey, Douglas Fisher, and Dominique Smith.

TED TALK: [Social Emotional Learning](#) by Trish Shaffer

RESEARCH STUDY: Yale University Division of Prevention and Community Research, Child Study Center, and School of Medicine - Zieher, A. K., Cipriano, C., Meyer, J. L., & Strambler, M. J. (2021). [Educators' implementation and use of social and emotional learning early in the COVID-19 pandemic](#). *School Psychology*, 36(5), 388-397.

VIDEO CLIP: [CASEL Fundamentals of SEL Overview - What are the core competencies and key settings?](#)

WEBSITE: [Office of Elementary and Secondary Education SEL Resource Collection](#)