What Are The Benefits of Social-Emotional Learning?

A meta-analysis covering three decades of research, found that social-emotional learning interventions increased students' academic performance by 11-percentile points compared to those that did not participate in SEL programs.

On average, there is an $11 return on investment for every one dollar spent on Evidence-Based Social-Emotional Learning Programming—ranging from a reduction in suspension rates, juvenile crime rates, higher lifetime earnings, and overall better mental and physical health.

Research shows teaching social-emotional skills in kindergarten increases graduation rates and has several overall positive long-term effects lasting into adulthood.

The top four skills employers want in graduates according to the Forbes report:

1. The ability to work in a team,
2. The ability to solve problems,
3. The ability to make decisions, and
4. The ability to communicate verbally with people inside and outside an organization.

Research has demonstrated ongoing SEL professional development and coaching for educators provides numerous positive benefits for teachers.

- Increase positive feelings about their job and students
- Increase efficacy for regulating emotions
- Reduction in stress levels
- Increase in overall SEL competence

Source: Child Trends

Source: Columbia University

Source: Durlak et al., 2011

Source: Child Trends

Source: Hansofer Research

Source: Adams, 2014

Infographic created by Dr. Brandie Oliver, Butler University, 2018
Social-Emotional Competencies In The Classroom

For more information about the Indiana SEL Competencies or the below strategies, please visit the Indiana Department of Education Website here.

**Mind-Body Connection**
- Deep Breathing Exercises
- Focused Attention Practices
- Mindfulness Practices

**Emotional Awareness & Positive Sense of Self**
- Feeling Word Wall
- Educators use Affective Statements & Process Praise
- Promote Student Voice

**Impulse Control**
- Teach "What if.." & "If/then" strategy
- Teach Healthy Coping Strategies & Recognizing Stressors
- Thinking and/or Reflection Sheets

**Conflict Resolution & Decision-Making**
- Teach, Model, & Practice "I-Messages"
- Collaborative Learning Games
- Restorative Practices

**Perspective Taking & Empathy Development**
- Culturally Responsive Teaching & Engagement
- Mentoring Programs
- Service Learning

**Critical Analysis, Judgment, & Problem-Solving**
- SMART Goals
  - Focus on learning goals instead of achievement only goals
- Use of Student Learning Journals
- Use of Formative Assessments

**Persistence & Resilience**
- Growth Mindset Visual Aids In Classroom
- Process Praise Language
- Student Conference; Provide Growth-Oriented Feedback