



The Case for Social and Emotional Learning: Powerpoint Template + Graphics*



**Don't forget to explore the notes for talking points*



How to use and customize the Powerpoint Deck

These slides are divided into 7 sections that are easy to customize and/or localize. Jump to the section you are looking for

Slides 3-5: What is SEL

Slides 6-15: The evidence documenting the benefits of SEL

Slides 16-30: CASEL's SEL Framework – Competence Areas and Key Settings

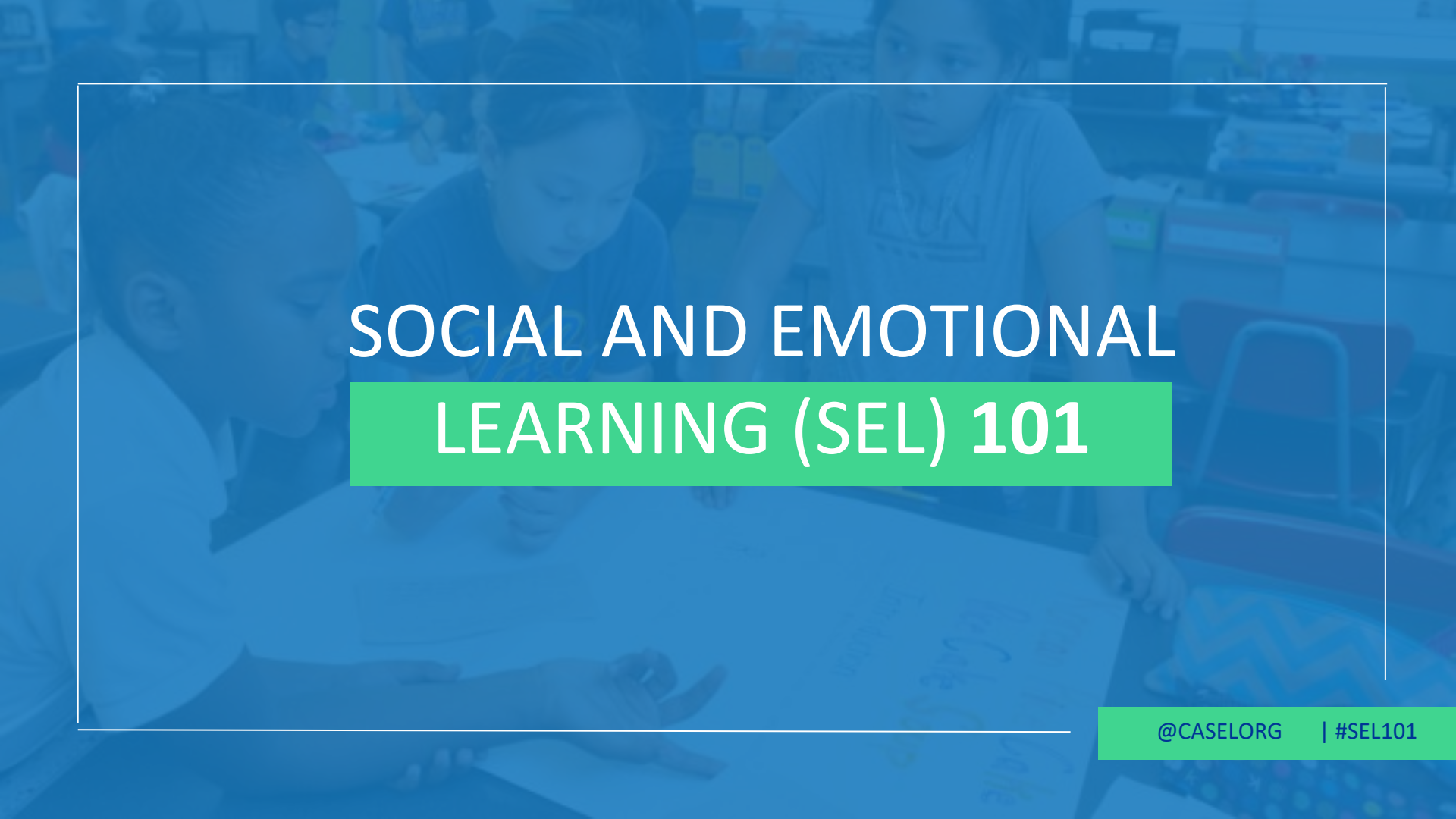
Slides 31-35: CASEL's Theory of Action for Effective Implementation

Slides 36-43: Surveys that document the demand for SEL from all sectors

Slides 44-46: CASEL Resources that can help you advance SEL

Slides 47-63: Graphics for presentations



A blue-tinted background image showing several students in a classroom setting, looking at a large sheet of paper on a table. The students are diverse in age and ethnicity. The text is overlaid on this image.

SOCIAL AND EMOTIONAL LEARNING (SEL) 101

@CASELORG | #SEL101



WHAT IS SEL...





SEL is...

Social and emotional learning (SEL) is an integral part of education and human development. 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.

SEL advances educational equity and excellence through authentic school-family-community partnerships to establish learning environments and experiences that feature trusting and collaborative relationships, rigorous and meaningful curriculum and instruction, and ongoing evaluation. SEL can help address various forms of inequity and empower young people and adults to co-create thriving schools and contribute to safe, healthy, and just communities.

BENEFITS OF SEL...



casel.org

The benefits of SEL are well-researched:



SEL leads to **improved academic outcomes** and behaviors



SEL benefits are **long-term** and global



SEL is a **wise financial investment**



Social and emotional skills **help improve lifetime outcomes**



For more: <https://casel.org/fundamentals-of-sel/what-does-the-research-say/>

Science Links SEL to Student Gains: Landmark study documented multiple benefits of SEL

2011 meta-analysis of 213 studies involving school-based, universal SEL programs including over 270,000 students in K-12 revealed:

Science Links SEL to Student Gains:

- ✓ Social-emotional skills
- ✓ Improved attitudes about self, others, and school
- ✓ Positive classroom behavior
- ✓ 11 percentile-point gain on standardized achievement tests

Reduced Risks for Failure:

- Conduct problems
- Emotional distress



Impact of SEL: long-lasting and global

A 2017 research study finds that SEL programs benefit children for months and even years.

82

different programs reviewed
(38 outside U.S.)

97,000+

Students, kindergarten
through middle school

6 mo – 18 yrs

after programs completed

SEL Students Benefit in Many Areas

✓ Academic performance

✓ SEL skills

✓ Positive attitudes

✓ Positive social behaviors

• Conduct problems

• Emotional distress

• Drug use

Higher social and emotional competencies among SEL students at the end of the initial intervention was the best predictor of long-term benefits.

Benefits were the same regardless of socioeconomic background, students' race, or school location.



SEL benefits adults, too

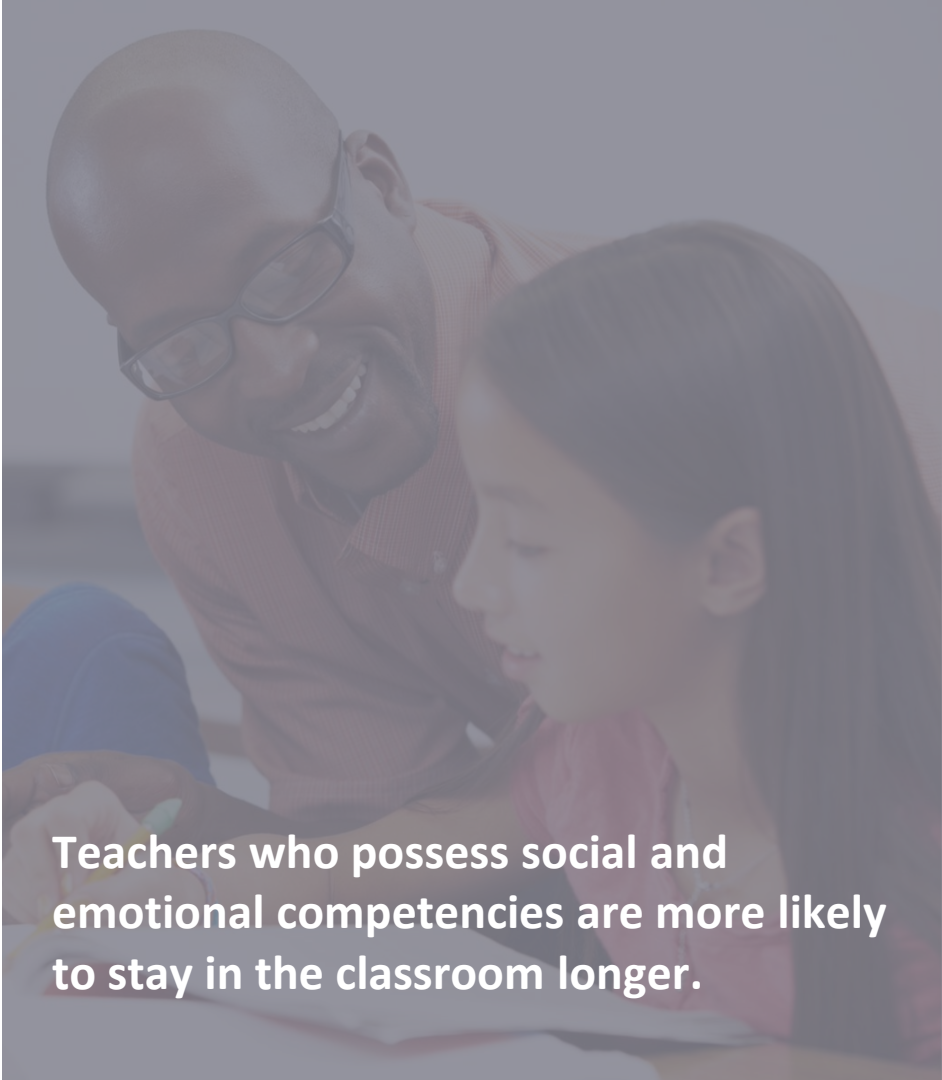
Positive impact on teachers

Teachers with high levels of social competence are better able to protect themselves from burnout by:

- Developing and managing nurturing relationships with their students
- Serving as behavioral role models for children
- Regulating their own emotions



Source: Jennings, P.A. & Greenberg, M.T. (2009) *The Prosocial Classroom: Teacher Social and Emotional Competence in Relation to Student and Classroom Outcomes*. American Educational Research Association.

A photograph of a male teacher with glasses and a beard, wearing a brown sweater, leaning over a desk to assist a young girl with long dark hair. They are both smiling and looking at a book or paper on the desk. The image is semi-transparent and serves as a background for the text on the right side of the slide.

Teachers who possess social and emotional competencies are more likely to stay in the classroom longer.

Benefits of SEL: Linked to young adult outcomes

Statistically significant associations exist between measured **social-emotional skills in kindergarten and young adult outcomes** across multiple domains:

Kindergartners who were stronger in SEL competence were **more likely** to:

- ✓ graduate from high school
- ✓ complete a college degree
- ✓ obtain stable employment in young adulthood

And **less likely** to be:

- ✗ living in public housing
- ✗ receiving public assistance
- ✗ involved with police
- ✗ in a detention facility



Benefits of SEL: Strong return on investment

Wise financial investment according to cost-benefit research. The **average return on investment** for six evidence-based programs is:

11 to 1



meaning for every dollar invested there is an \$11 return, savings from costs not incurred for intervention



Benefits of SEL:

Compelling local evidence

[School/district name] has seen improvements in:

- Data point 1
- Data point 2
- Data point 3

... and declines in:

- Data point 1
- Data point 2
- Data point 3

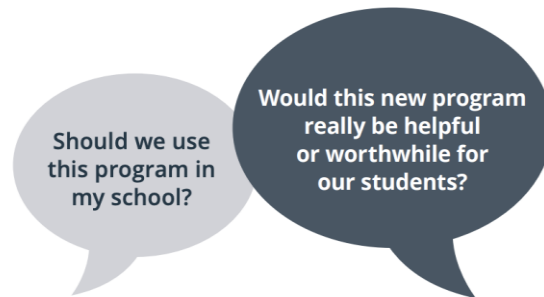


Practical Benefits of an SEL Program: Based on the 2011 meta-analysis

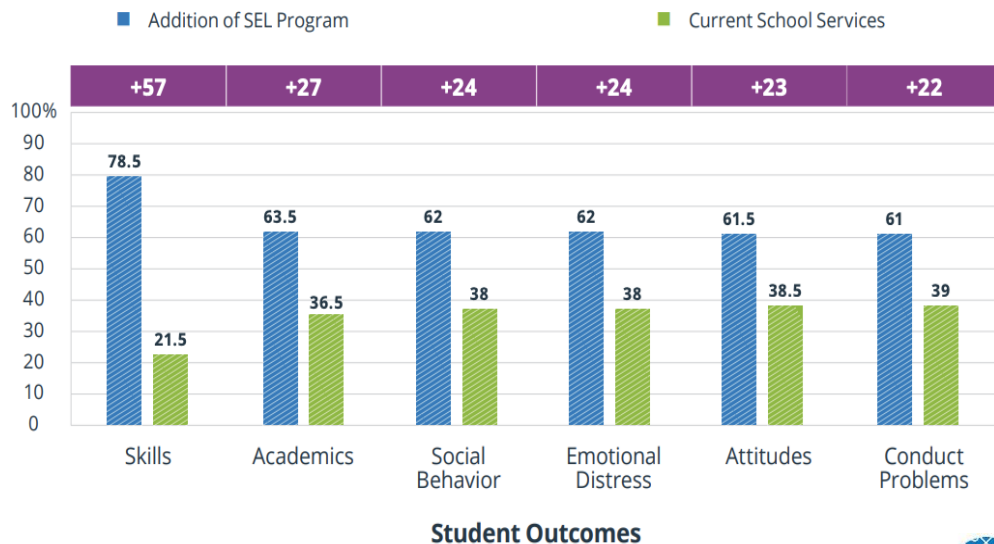
Adding an SEL program is likely to be a wise choice compared to students receiving current school services.

For example:

- **27% more** students would improve their academic performance at the end of the program
- **57% more** would gain in their skills levels
- **24% more** would have improved social behaviors and lower levels of distress
- **23% more** would have improved attitudes
- **22% more** would show fewer conduct problems



Percentage of Students Who Improve with the Addition of an SEL Program



Advancing Key Priorities

Priorities are based on local strengths, needs, and culture

For example:



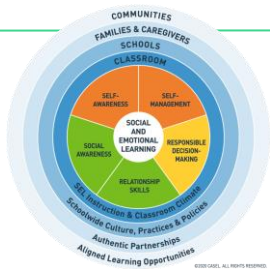
SEL can help support



CASEL's SEL Framework:

What are the Core Competence Areas and Where are they Promoted?





THE CASEL 5

Five broad, interrelated areas of competence



self-awareness

Understand one's own emotions, thoughts, and values and how they influence behavior across contexts.



self-management

Manage one's emotions, thoughts, and behaviors in different situations and to achieve goals and aspirations.



social awareness

Understand the perspectives of and empathize with others, including those from diverse backgrounds.



relationship skills

Establish and maintain healthy, supportive relationships and effectively navigate settings with diverse individuals/groups.



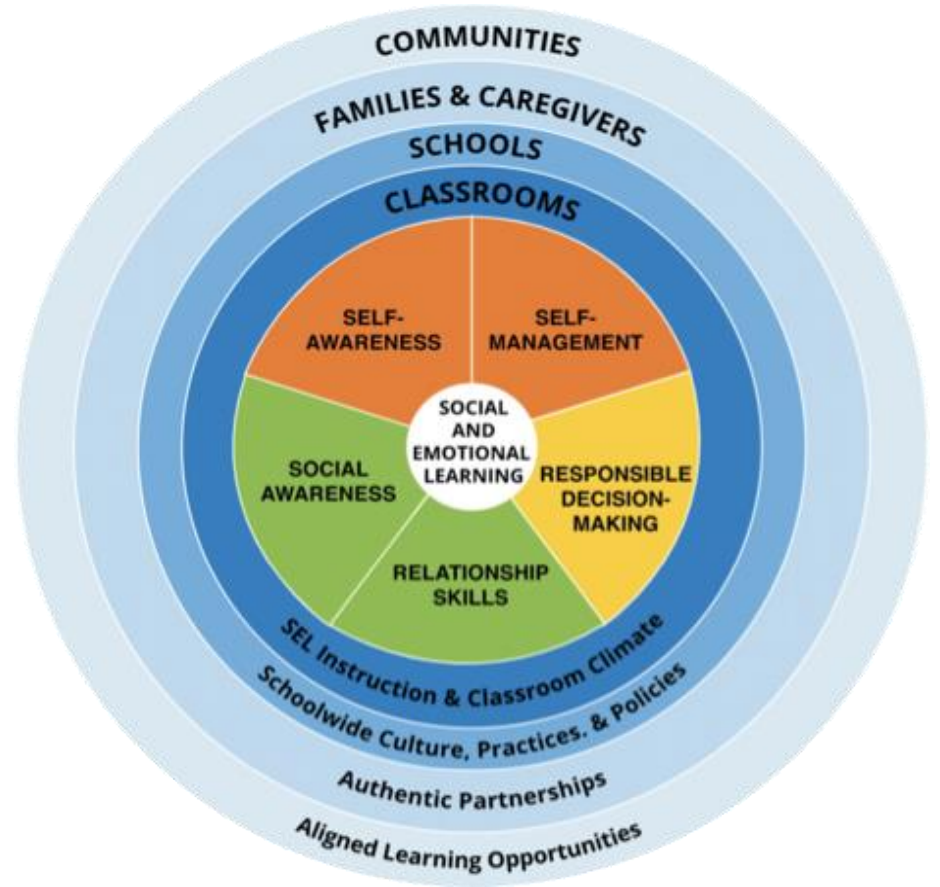
responsible decision-making

Make caring and constructive choices about personal behavior and social interactions across diverse situations.

The CASEL 5...

Five broad and interrelated areas of competence:

- *Self-awareness*
- *Self-management*
- *Social awareness*
- *Relationship skills*
- *Responsible decision-making*

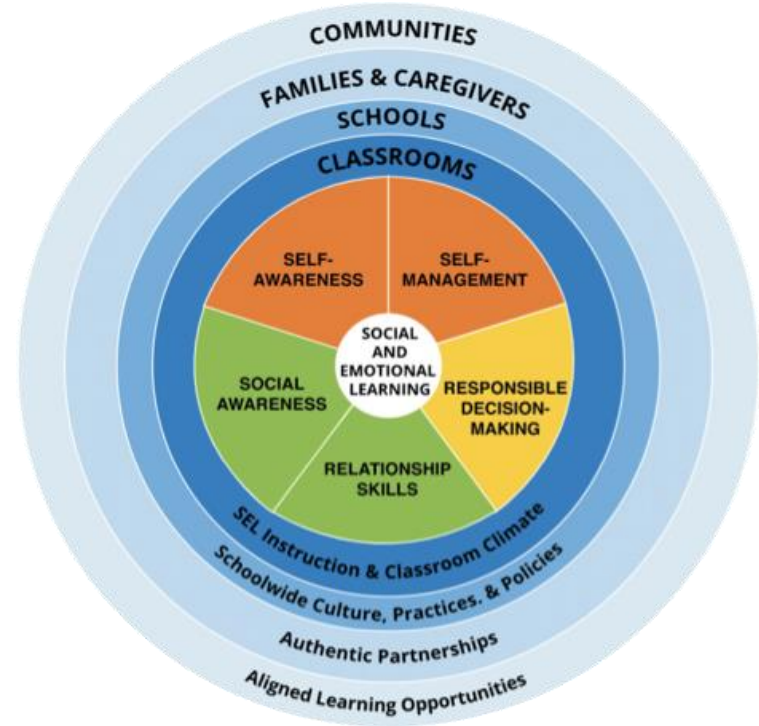


SELF-AWARENESS

The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well-grounded sense of confidence and purpose.

Such as:

- Integrating personal and social identities
- Identifying personal, cultural, and linguistic assets
- Identifying one's emotions
- Demonstrating honesty and integrity
- Linking feelings, values, and thoughts
- Examining prejudices and biases
- Experiencing self-efficacy
- Having a growth mindset
- Developing interests and a sense of purpose

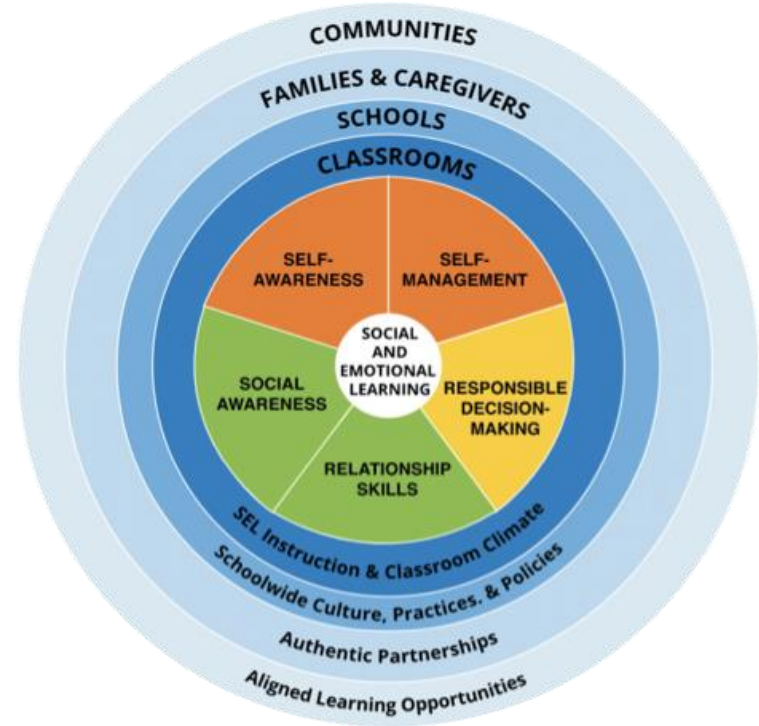


SELF-MANAGEMENT

The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation and agency to accomplish personal and collective goals.

Such as:

- Managing one's emotions
- Identifying and using stress-management strategies
- Exhibiting self-discipline and self-motivation
- Setting personal and collective goals
- Using planning and organizational skills
- Showing the courage to take initiative
- Demonstrating personal and collective agency

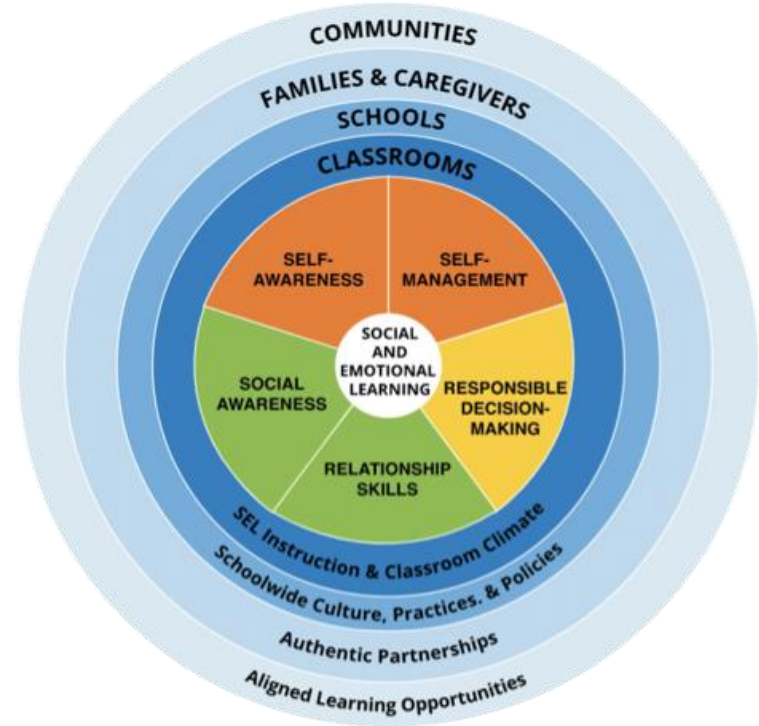


SOCIAL AWARENESS

The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts. This includes the capacities to feel compassion for others, understand broader historical and social norms for behavior in different settings, and recognize family, school, and community resources and supports.

Such as:

- Taking others' perspectives
- Recognizing strengths in others
- Demonstrating empathy and compassion
- Showing concern for the feelings of others
- Understanding and expressing gratitude
- Identifying diverse social norms, including unjust ones
- Recognizing situational demands and opportunities
- Understanding the influences of organizations and systems on behavior

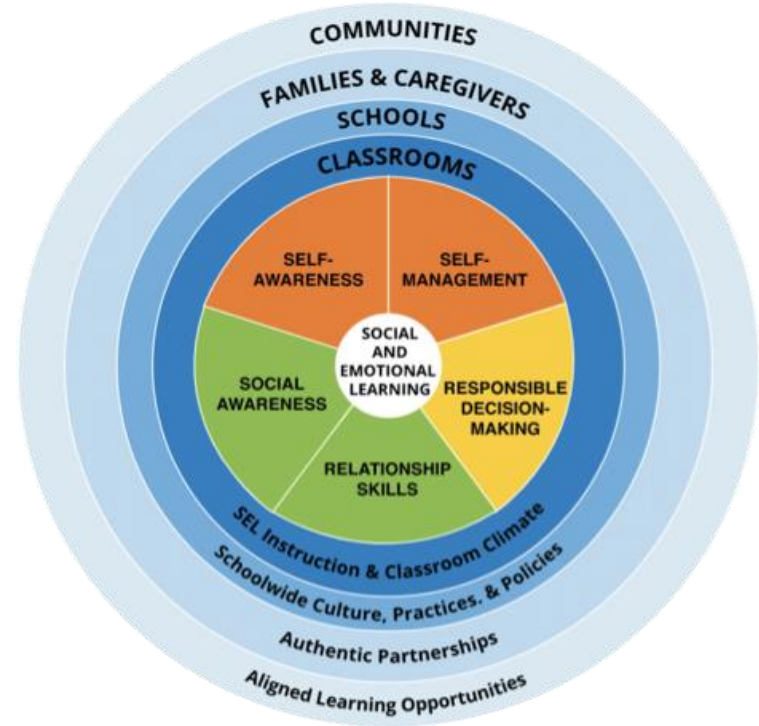


RELATIONSHIP SKILLS

The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed.

Such as:

- Communicating effectively
- Developing positive relationships
- Demonstrating cultural competency
- Practicing teamwork and collaborative problem-solving
- Resolving conflicts constructively
- Resisting negative social pressure
- Showing leadership in groups
- Seeking or offering support and help when needed
- Standing up for the rights of others

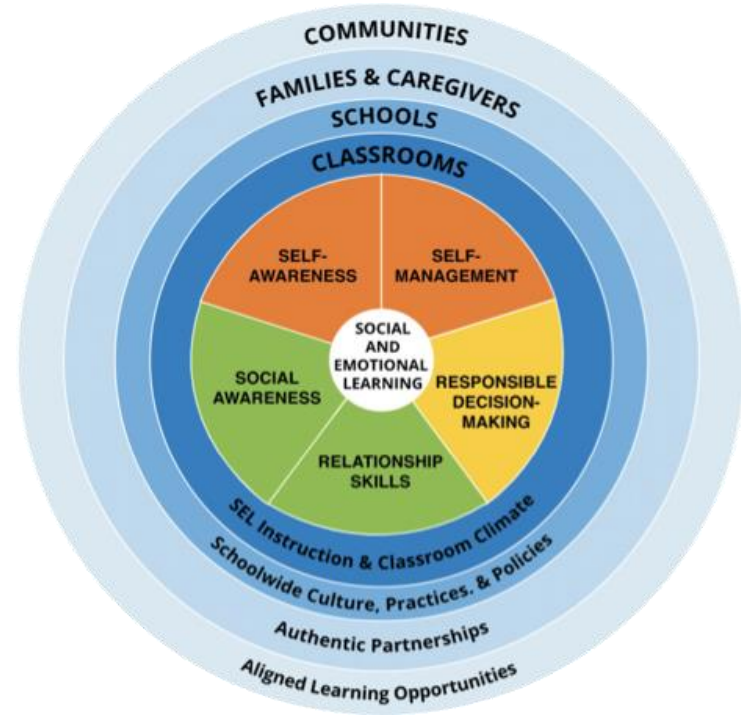


RESPONSIBLE DECISION-MAKING

The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations. This includes the capacities to consider ethical standards and safety concerns, and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being.

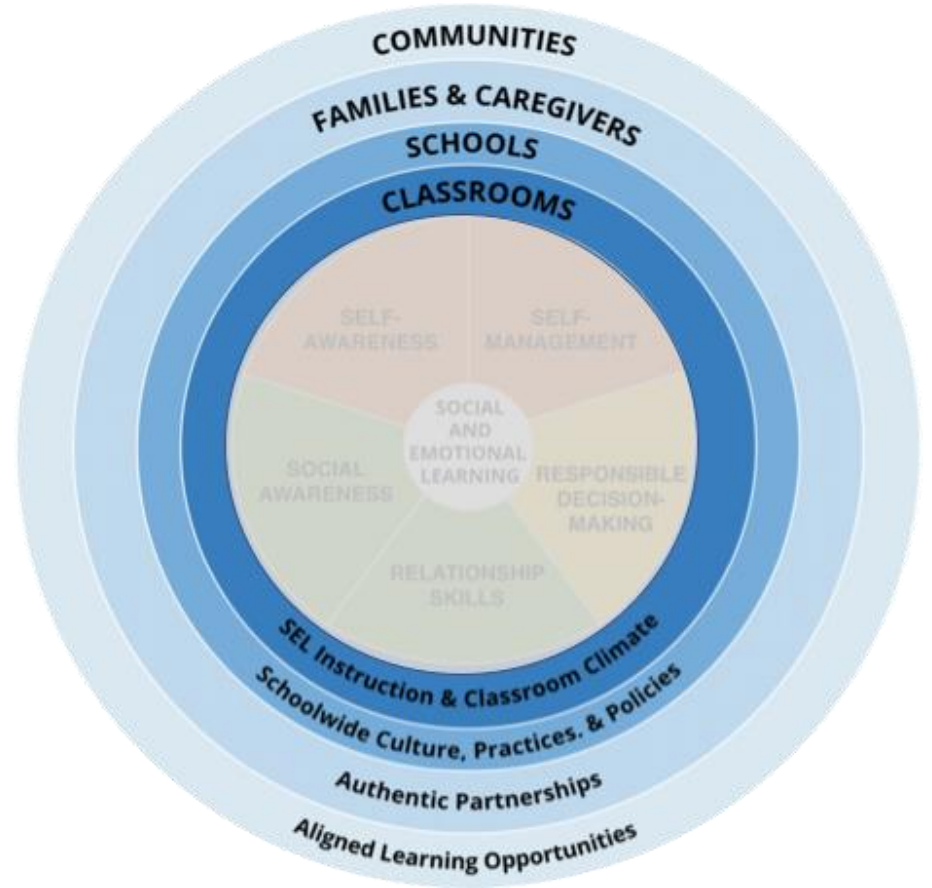
Such as:

- Demonstrating curiosity and open-mindedness
- Learning how to make a reasoned judgment after analyzing information, data, and facts
- Identifying solutions for personal and social problems
- Anticipating and evaluating the consequences of one's actions
- Recognizing how critical thinking skills are useful both inside and outside of school
- Reflecting on one's role to promote personal, family, and community well-being
- Evaluating personal, interpersonal, community, and institutional impacts



The Key Settings...

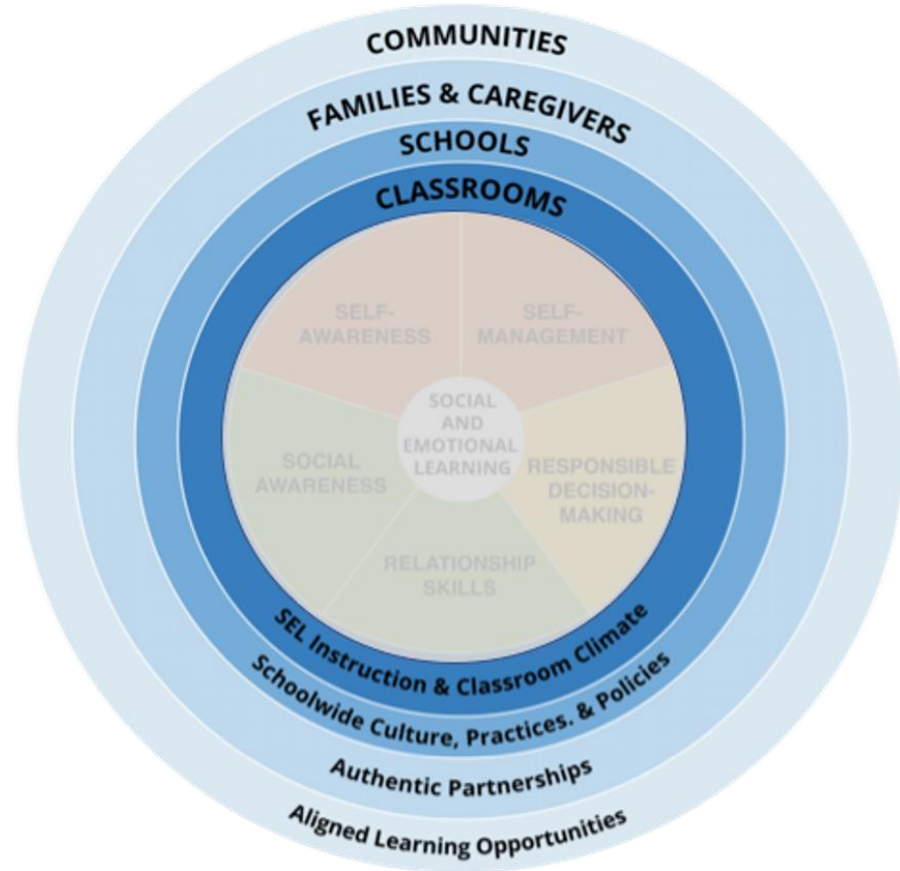
Our framework takes a systemic approach that emphasizes the importance of establishing equitable learning environments and coordinating practices across key settings of *classrooms*, *schools*, *families*, and *communities* to enhance all students' social, emotional, and academic learning.



Classrooms

Classroom-based approaches include:

- Explicit instruction through which social and emotional skills and attitudes are taught and practiced in developmentally, contextually, and culturally responsive ways
- Teaching practices such as cooperative learning and project-based learning
- Integration of SEL and academic curriculum such as language arts, math, science, social studies, health, and performing arts

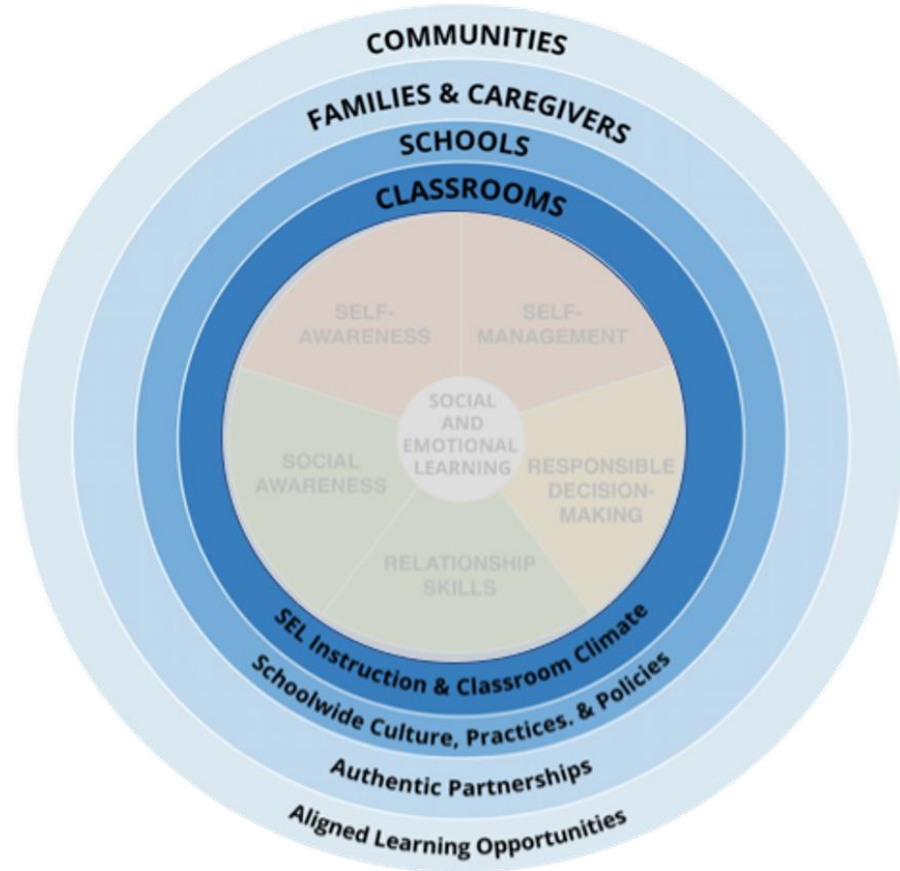


Learn more: casel.org

Classrooms

High-quality SEL instruction has four elements:

- **Sequenced** – following a coordinated set of training approaches to foster the development of competencies
- **Active** – emphasizing active forms of learning to help students practice and master new skills
- **Focused** – implementing curriculum that intentionally emphasizes the development of SEL competencies
- **Explicit** – defining and targeting specific skills, attitudes, and knowledge



Learn more: casel.org

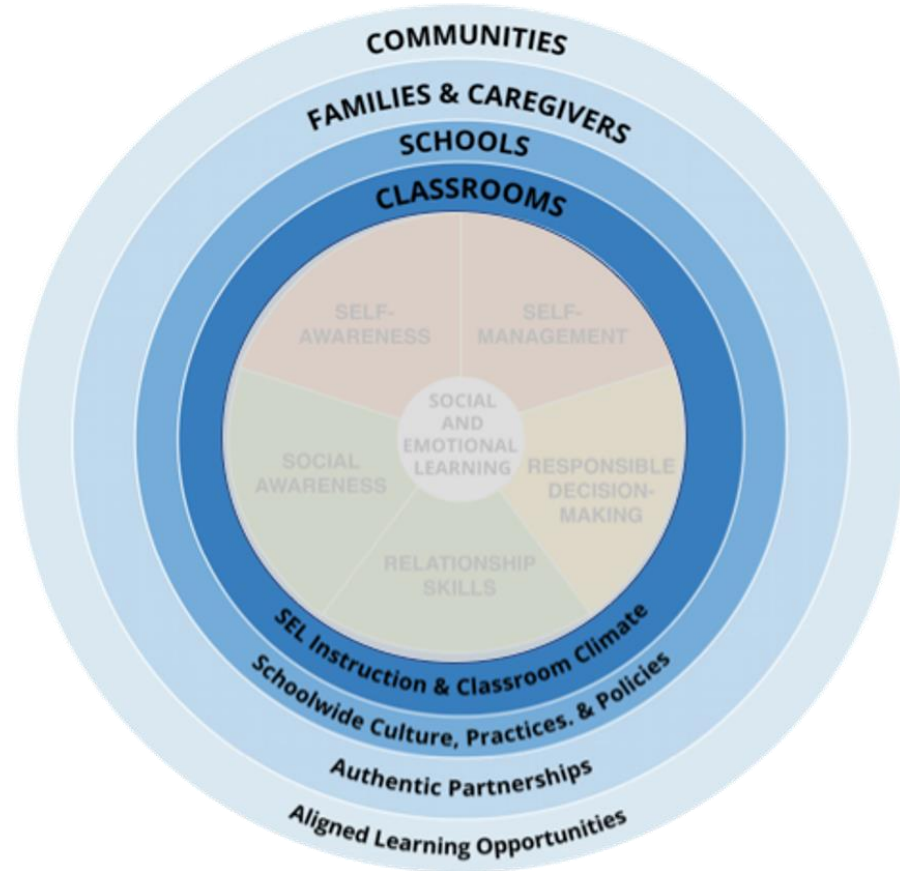
Schools

Effectively integrating SEL schoolwide involves ongoing planning, implementation, evaluation, and continuous improvement by all members of the school community.

A strong school culture is rooted in students' sense of belonging, with evidence that suggests that it plays a crucial role in students' engagement. SEL also offers an opportunity to enhance existing systems of student support by integrating SEL goals and practices with universal, targeted, and intensive academic and behavioral supports.

Visit the CASEL Guide to Schoolwide SEL:

schoolguide.casel.org/

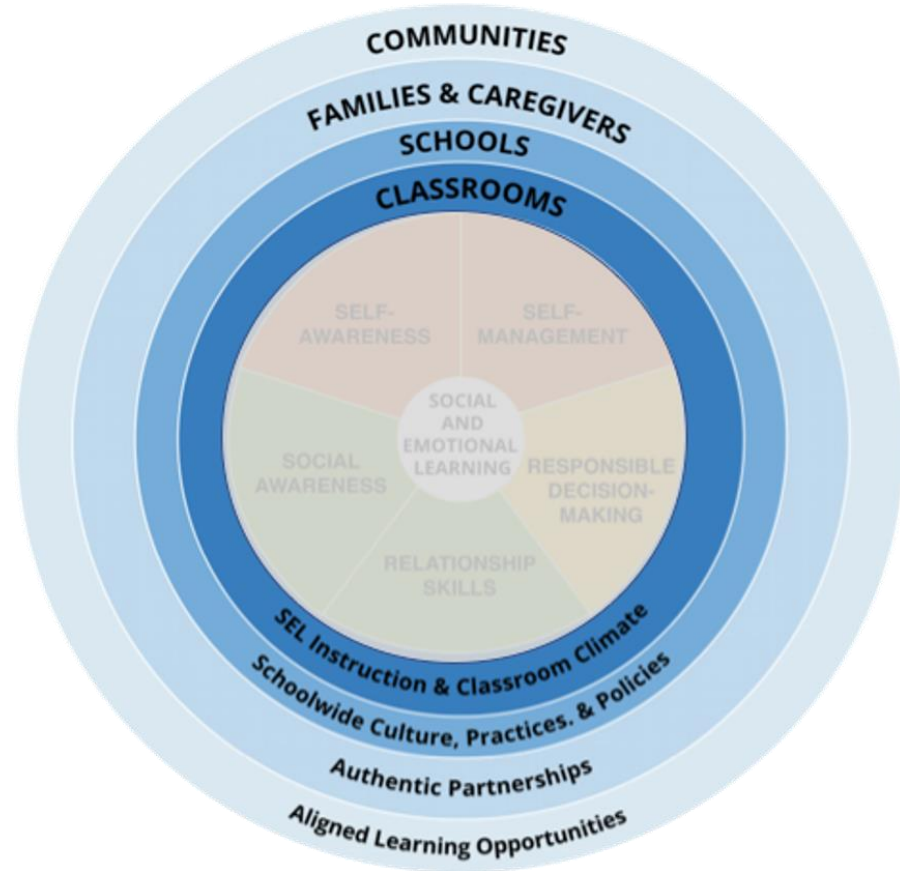


Learn more: casel.org

Families & Caregivers

Research suggests that evidence-based SEL programs are more effective when they extend into the home. Families are also far more likely to form partnerships with schools when their schools' norms, values, and cultural representations reflect their own experiences.

Schools need inclusive decision-making processes that ensure that families—particularly those from historically marginalized groups—are part of planning, implementing, and continuously improving SEL.



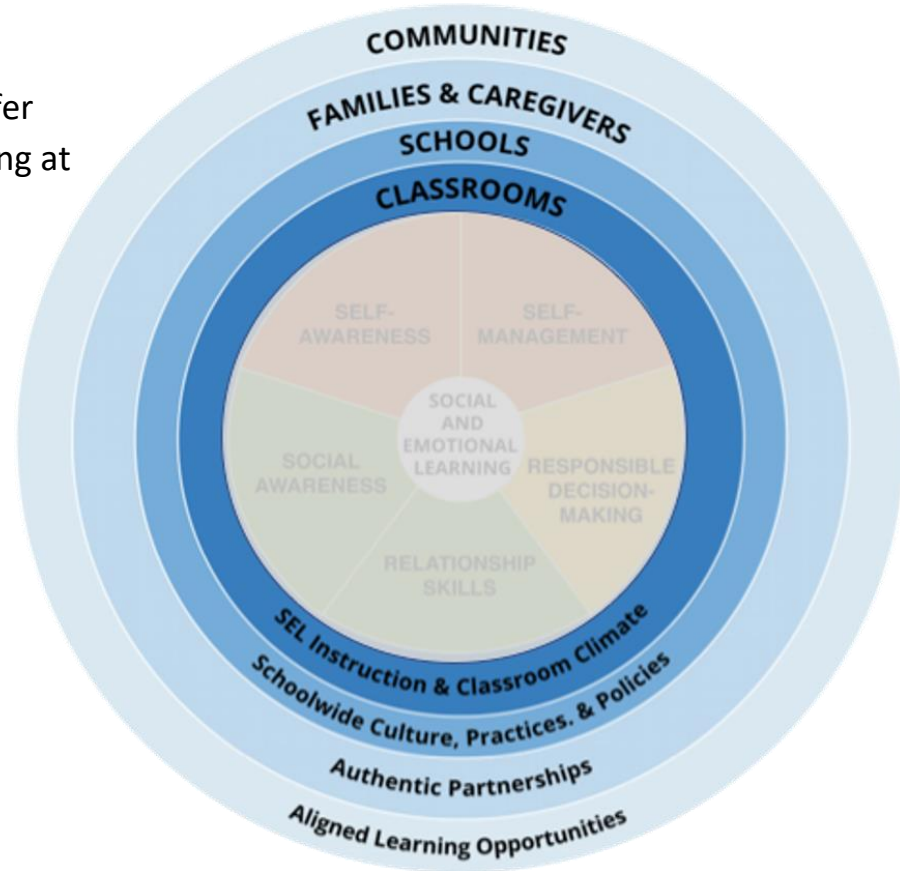
Learn more: casel.org

Communities

Community organizations that partner directly with schools offer students opportunities to practice the SEL skills they are learning at home, throughout the school day, and in their afterschool programming.

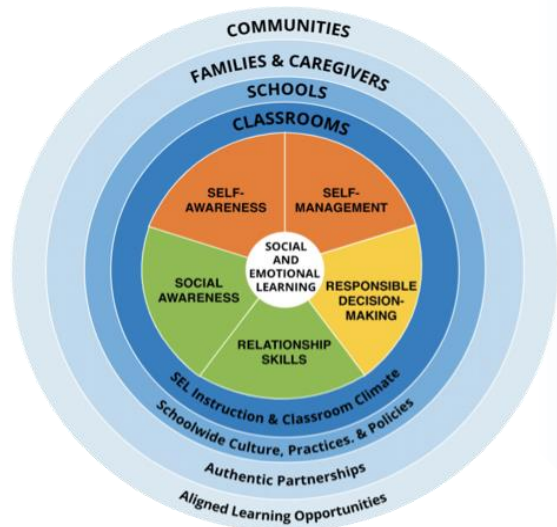
Community partners might include:

- Out-of-school time providers (before and after school programs)
- Community-based nonprofit organizations
- Health care providers
- University research centers or colleges of education
- Mission-driven foundations
- Governmental agencies
- Local businesses
- Other institutions that can connect students to their broader communities



Learn more: casel.org

Indicators of Schoolwide SEL...



CLASSROOM



Explicit SEL instruction



SEL integrated with academic instruction



Youth voice and engagement

SCHOOL



Supportive school and classroom climates



Focus on adult SEL

FAMILY
COMMUNITY



Supportive discipline



A continuum of integrated supports



Authentic family partnerships



Aligned community partnerships



Systems for continuous improvement



CASEL's Theory of Action for Effective Implementation

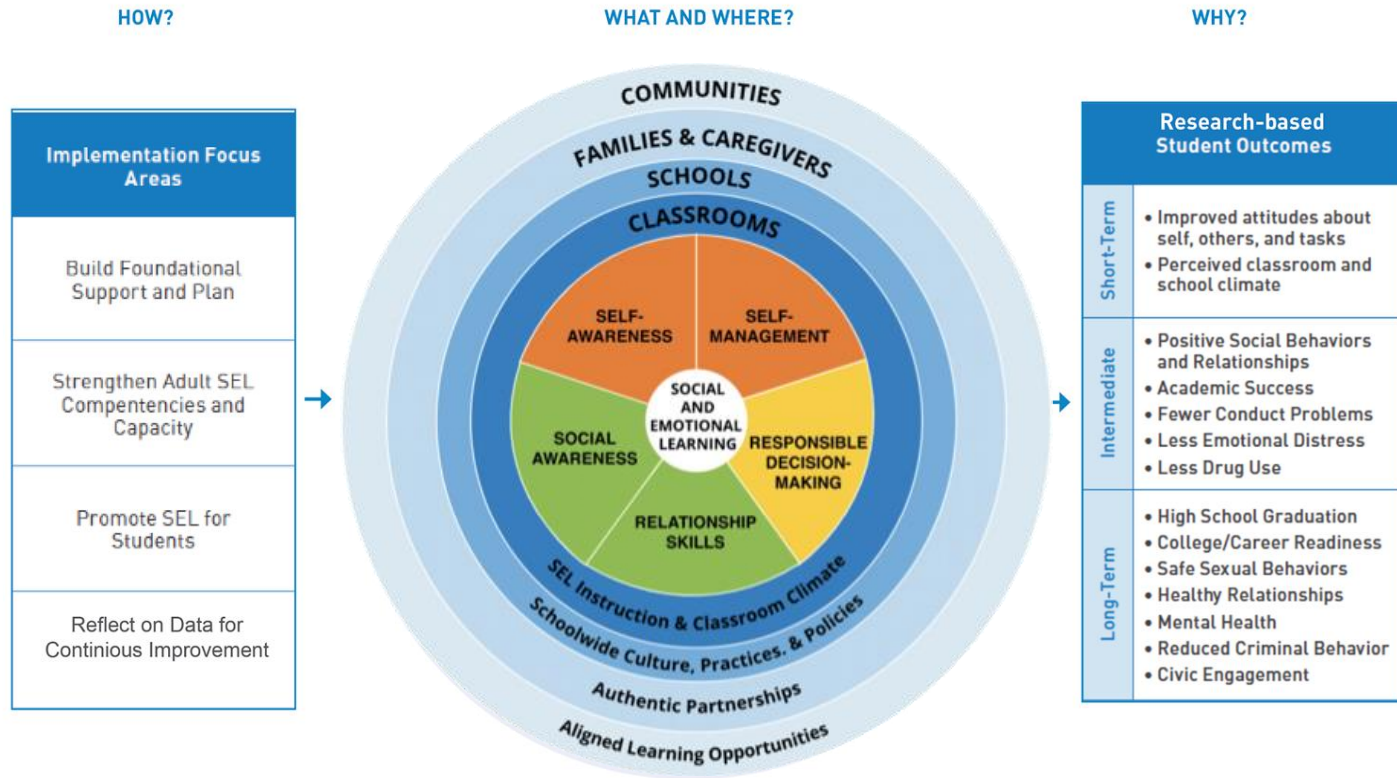


casel.org

Our Theory of Action for Effective Implementation

Our SEL Framework is guided by a Theory of Action across the school, district, and state to comprehensively support quality SEL implementation.

It reflects years of field testing.





**CASEL shares
guidance on a process
to implement SEL in
your community.**



To reach your vision for social and emotional learning, you need to track your progress and assess your impact.

This begins with setting strong, measurable SEL goals.

Explore our district guidance at <https://bit.ly/districtSELplan>



You'll need both to create a strong action plan

Outcome Goals



Example: More students will report a stronger sense of belonging in school

Implementation Goals



Example: All teachers will receive professional learning on building classroom community



GROWING DEMAND FOR SEL



casel.org

Employers value SEL

92%

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

National Bureau of Economic Research, 2015

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



1. **Complex problem solving**
2. **Critical thinking**
3. **Creativity**
4. **People management**
5. **Coordinating with others**
6. **Emotional intelligence**
7. **Judgment and decision-making**
8. **Service orientation**
9. **Negotiation**
10. **Cognitive flexibility**

And research shows that social and emotional skills and attitudes also contribute to the other skills such as critical thinking.



Source: Future of Jobs Report, World Economic Forum

Employers value SEL



Of surveyed executives say they'd rather colleges build up students' life skills.

High Point University survey, 2018



7 top characteristics of success at the company are all SEL-related skills, such as communicating and listening well; possessing insights into others; and having empathy.



Priorities: Conflict resolution, leadership, and civic engagement



Wanted: Employees Who Can Shake Hands, Make Small Talk
Bank of America teaches empathy in-house; Subaru pays for soft-skills training (*Dec. 10, 2018*)



Administrators, Parents, and Teachers value SEL

The overwhelming majority of administrators (96%), teachers (93%) and parents (81%) believe that **social and emotional learning is just as important as academic learning.**

Teaching SEL skills in the classroom is most important for improving:

Negative student behaviors such as bullying

– according to teachers and administrators

School safety

– according to parents



Principals value SEL

Social and emotional skills are
teachable in a school setting.

Definitely teachable 74%

Probably
teachable
25%

99%

I am very/fairly committed to
developing students' social and
emotional skills in my school.

Very committed 69%

Fairly
committed
26%

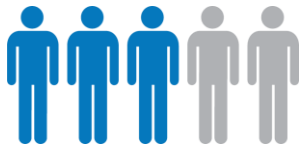
95%



believe students from all types of
background would benefit from SEL



Parents value SEL

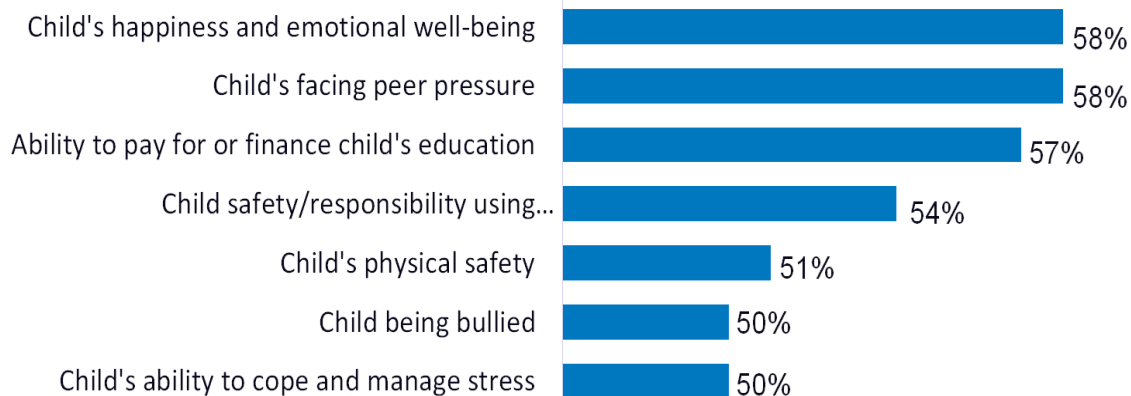


3 out of 5 parents

say “being happy/not overly stressed”
is more important than academics.

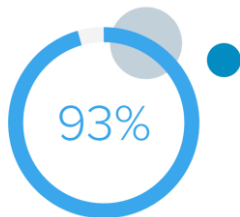
**The research says this is a false choice: social and emotional well-being contributes to academic success, among other benefits.*

Proportions saying they worry a lot or some about this aspect of raising their child

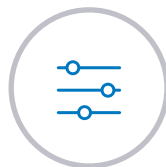


Teachers value SEL

In 2013, we learned that:



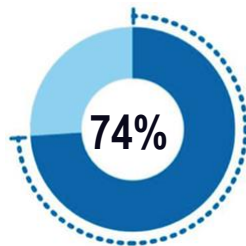
want a greater focus on SEL in schools



Teachers cite positive effects on:



More recently:



Report that they are devoting more time to teaching SEL skills today compared to five years ago.



Source: 2018 Social and Emotional Learning report, 2018

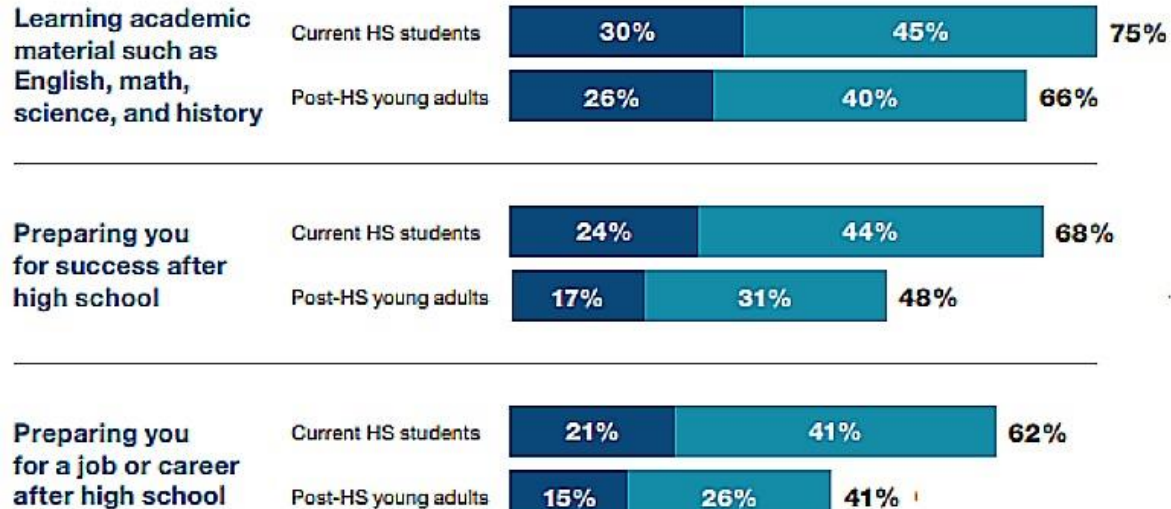
Source: The Missing Piece, 2013

Students value SEL

Recent high school graduates see significant deficits in high schools preparing for life after school.

How good a job does/did your high school do helping you in this area?

■ Great Job ■ Pretty Good Job



Source: Respected: Perspectives of Youth on High School & Social and Emotional Learning (2018)



Source: Respected: Perspectives of Youth on High School & Social and Emotional Learning (2018)

SEL RESOURCES



District Resource Center

Guidance and resources for
implementing SEL districtwide

drc.casel.org



Guide to Schoolwide SEL

Guidance for implementing SEL
throughout a school

schoolguide.casel.org



School Workshop Series

Live and on-demand workshop
on implementing SEL

casel.org/events-webinars



SEL Assessment Guide

Guidance on assessment and
how to choose a measure

measuringssel.casel.org



Guide to SEL Programs

Process for selecting a
program, including an
evidence-based list

pg.casel.org



SEL Roadmap to Reopening

Aid schools in supporting students
and adults during the pandemic

casel.org/roadmap-to-reopen-schools/



Our Children Are Leaders

SEL awareness building campaign
for parents and caregivers

leadingwithssel.org

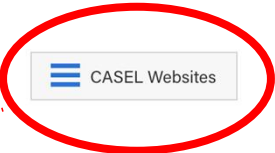


Learn more: casel.org

CASEL Suite of Free Resources



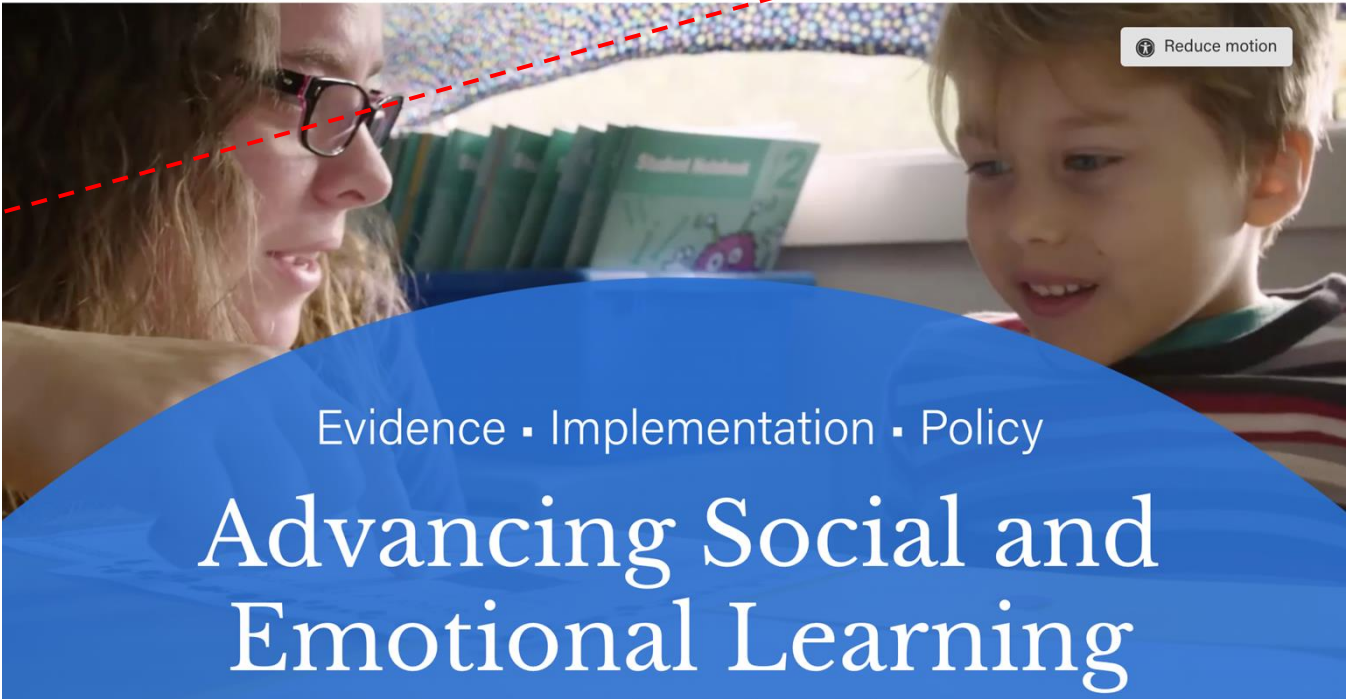
[Donate](#) [Contact](#)

[About Us](#) [Fundamentals of SEL](#) [Systemic Implementation](#) [News & Publications](#) [Events & Webinars](#)

CASEL Websites

- [Casel.org](#)
- [Selecting an SEL Program](#)
- [Schoolwide SEL Resources](#)
- [Districtwide SEL Resources](#)
- [Statewide SEL Resources](#)
- [Measuring and Assessing SEL](#)
- [SEL Exchange Annual Event](#)



Learn more: casel.org

SEL Graphics for Presentations



Learn more: casel.org

SOCIAL AND EMOTIONAL LEARNING



**BOOSTS
ACADEMICS**

Student
**academic
performance
increased** by
11 percentile
points

Helps students
**manage stress
and depression,**
& improved their
attitudes about
themselves,
others, and
school

SOCIAL AND EMOTIONAL LEARNING



IMPROVES MENTAL WELLNESS

SOCIAL AND EMOTIONAL LEARNING



RETURN ON
INVESTMENT

On average,
for every
dollar invested
in SEL, there is
an **\$11 return
of benefits**

SOCIAL AND EMOTIONAL LEARNING



SUPPORTS LIFETIME
OUTCOMES

Increased well-being up to 18 years later and decreased likelihood of receiving public assistance

SOCIAL AND EMOTIONAL LEARNING

SEPARATING FACT FROM FICTION

**SEL boosts
academic
performance and
deepens
engagement with
content.**

**It is *not* a
distraction from
academics.**



Learn more: casel.org

SOCIAL AND EMOTIONAL LEARNING

SEPARATING FACT FROM FICTION

SEL builds
relationships and
skills that promote
**healthy well-
being.**

It is **not**
therapy.



Learn more: casel.org

SOCIAL AND EMOTIONAL LEARNING

SEPARATING FACT FROM FICTION

SEL helps students
**understand
different
perspectives** and
share ideas.

It is **not** a way to
teach students a
specific political
agenda.



Learn more: casel.org

SOCIAL AND EMOTIONAL LEARNING

SEPARATING FACT FROM FICTION

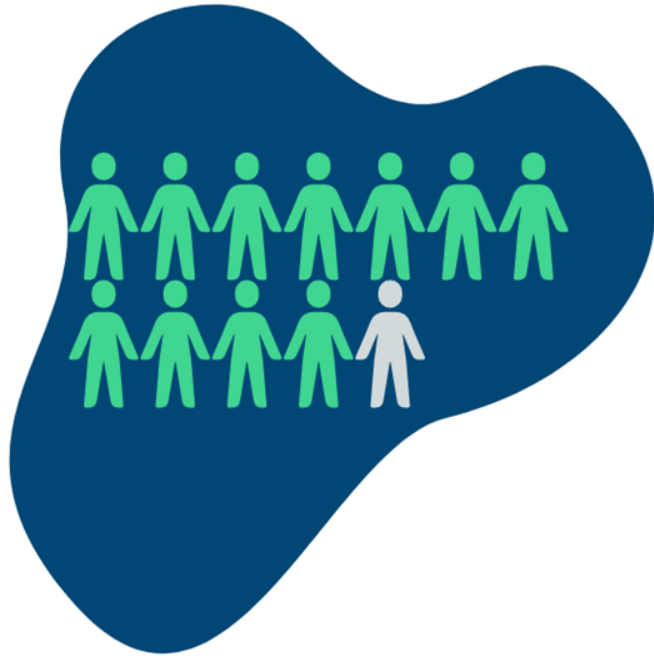
SEL is shaped by
local priorities set
by **schools,**
families, and
communities.

It is **not** one-
size fits all.



Learn more: casel.org

Social and Emotional Learning (SEL) Is In Demand



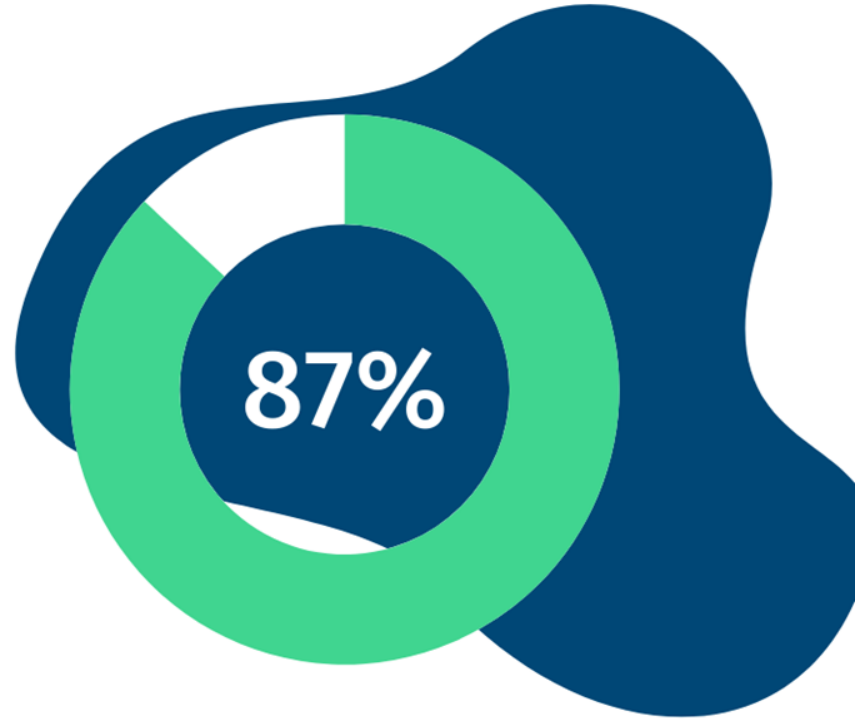
92% of employers

say these skills are equal to or more important than technical skills

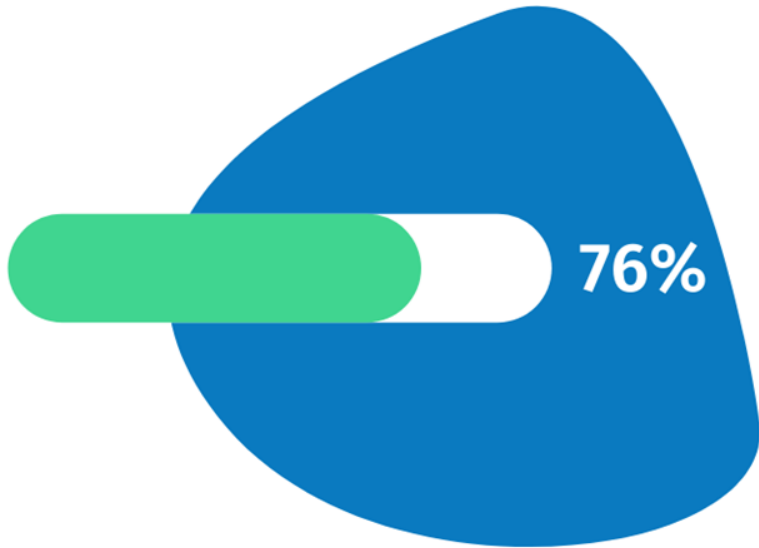
Social and Emotional Learning (SEL) Is In Demand

87% of parents

believe SEL is important in helping children navigate today's world

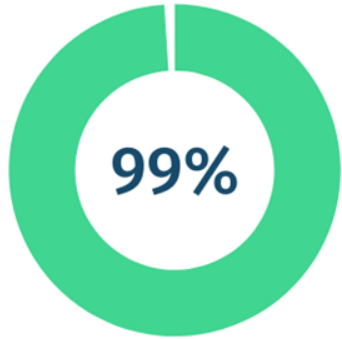


Social and Emotional Learning (SEL) Is In Demand



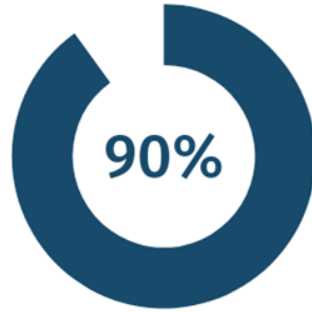
76% of high schoolers
● —————
say they want to attend a
school that prioritizes SEL

Social and Emotional Learning (SEL) Is In Demand



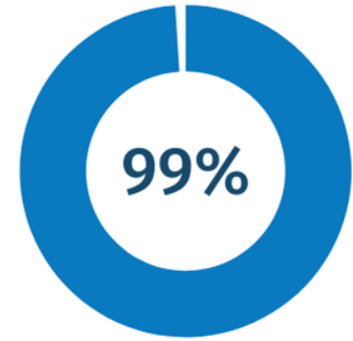
school principals

SEL is critical
in school



teachers

SEL improves
academics



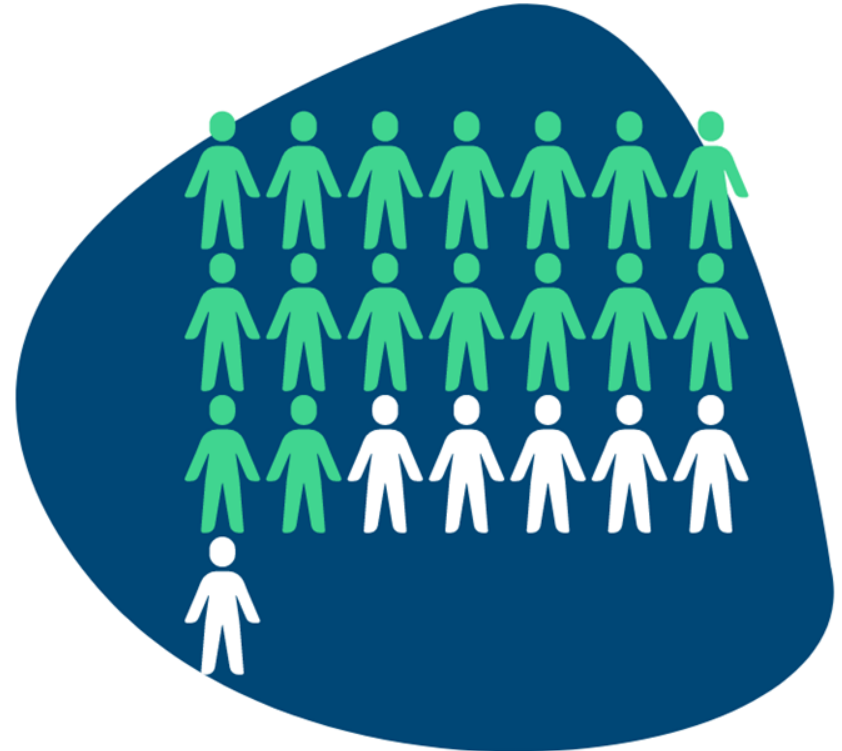
educators

SEL improves
student outcomes

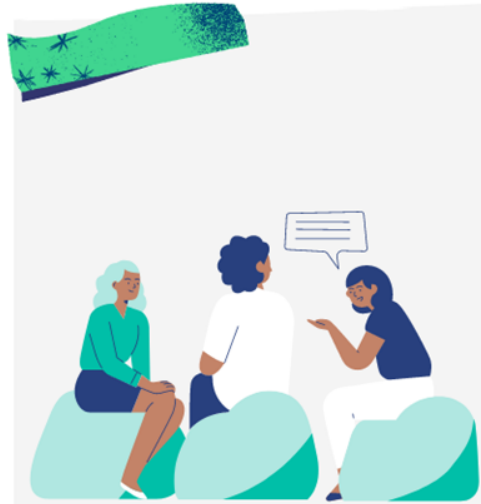
Social and Emotional Learning (SEL) Is In Demand

**73% of
school counselors**

say SEL is as important as
developing academic
knowledge for student
success



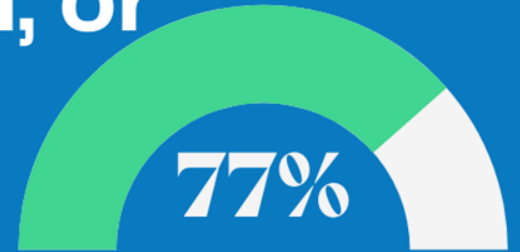
Social and Emotional Learning (SEL) SUPPORTS MENTAL HEALTH



SEL promotes supportive relationships, safe environments, and skills development that can **buffer against mental health risks.**

Social and Emotional Learning (SEL) SUPPORTS PUBLIC SERVICE

77% of high school students from schools that prioritize SEL would engage in **military, national, or public service.**



Social and Emotional Learning (SEL) SUPPORTS WORKFORCE DEVELOPMENT

6 of the top 10 **in-demand career skills** involve SEL, like complex problem-solving, critical thinking, and creativity.



*"Social and emotional learning is good for the child,
good for the workforce, and good for society."*

Anne-Birgitte Albrechtsen, CEO, Lego Foundation