WHAT DOES THE DATA SAY ABOUT SEL?

VIRGINIA DEPARTMENT OF EDUCATION

Social Emotional Learning (SEL) is Widely Adopted

Seventy-six percent of principals and 53 percent of teachers nationally reported that their schools used a social and emotional learning (SEL) program or SEL curriculum materials in the 2021-2022 school year.[1]

SEL Supports 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; and regulating their own emotions.[2]

Researchers examined 13 empirical studies on SEL interventions for teachers and found that SEL was linked to **reducing teachers' overall burnout** by having a positive impact on emotional exhaustion and feelings of personal accomplishment.[3]

Administrators, Parents, and Teachers Value SEL

A 2011 meta-analysis of 213 studies involving school-based, universal SEL programs including over 270,000 students in K-12 revealed: "SEL participants demonstrated **significantly improved social and emotional skills, attitudes, behavior, and academic performance that reflected an 11-percentile-point gain in achievement."**[4]

Teaching SEL skills in the classroom is most important for **improving negative student behaviors such as bullying,** according to teachers and administrators; and according to parents.[5]

"The overwhelming majority of administrators (96%), teachers (93%) and parents (81%) believe that **social and emotional learning is just as important as academic learning."**[6]

Social Emotional Competence Reduces Mental Health Difficulties

In a 2011 meta-analysis of 213 studies involving school-based, universal SEL programs including over 270,000 students in K-12, researchers noted a **reduced risk of failure due to conduct problems and emotional distress.**[7]
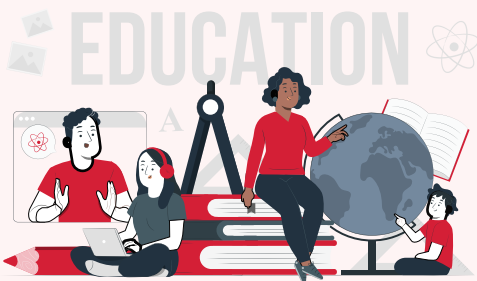
A growing body of evidence indicates that enhancing social, emotional, and behavioral skills is a key determinant to **young people's mental health and wellbeing,** and supports them in **achieving positive outcomes** in school, work, and life.[8]
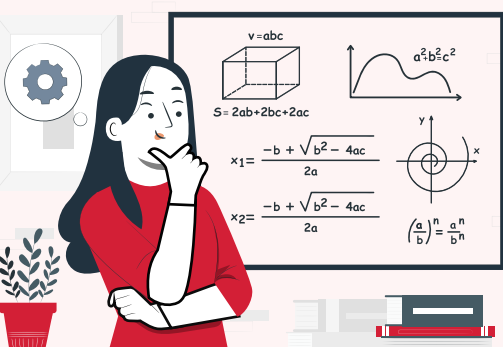
Universal social and emotional learning (SEL) interventions have good evidence of **enhancing young people's social and emotional skills and reducing symptoms of depression and anxiety** in the short term.[9]

Researchers studied 1629 nine- to twelve-year-olds in a randomized trial of a universal SEL intervention. They found that students with greater **social-emotional competence were reported to experience fewer mental health difficulties, and that fewer mental health difficulties predicted higher academic attainment.**[10]

SEL Implementation is Linked to Improved Student Outcomes

In a longitudinal analysis of 2,937 students in grades 1-3, teachers and peers noted **reduced aggression and increased prosocial behavior.** Teachers reported **improved academic engagement.**[11]

Students (n= 1,662) in 37 high schools reported **positive improvements in their school climate** in eight out of 10 domains: teaching quality, student relationships, adult relationships, adult-student relationships, discipline, support for SEL, student voice, and respect for diversity.[12]

Students who participated in SEL programs saw greater gains in SEL competencies and academic performance compared to students who did not participate.[13]

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♥ Social Emotional Learning (SEL) is Widely Adopted

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♥ SEL Supports Teachers

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♥ Administrators, Parents, and Teachers Value SEL

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♥ Social Emotional Competence Reduces Mental Health Difficulties

[7]Durlak, J.A., Weissberg, R.P., Dymnicki, A.B., Taylor, R.D. & Schellinger, K.B. (2011). The impact of enhancing students' social and emotional learning: A meta-analysis of school-based universal interventions. *Child Development 82*(1), 405-432. doi: 10.1111/j.1467-8624.2010.01564.x

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♥ Implementation is Linked to Improved Student Outcomes

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