

What is Social-Emotional Learning (SEL)?

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 for Oregon Students

In the short term, students learn to know and manage themselves, understand the perspectives of others, and make sound personal and social decisions. In the long term, the following results are shown by [research](#).

- **Boost diversity, equity, and inclusion efforts**
- **Positive social behavior**
- **Prepares students for their future lives and careers**
- **Student academic performance**
- **Reduced emotional distress and lower discipline rates**

Transformative SEL + Academic Standards

CASEL Standards and Transformative SEL Focal Constructs

Transformative SEL asks:

What knowledge and capacities do humans need to thrive individually and as a community?

What does it look like to create a culture of care, inclusion, belonging, agency, and liberation?

SEL is not a replacement for mental health care, but mental health is one important component of SEL. ODE believes that mental health is centered within a continuum of care that meets each person's needs for physical and emotional safety, security, social connection, identity, diversity and purpose. Go to the [Integrated Model of Mental Health](#).

Encouraging Family Participation in SEL:

- When schools, families, and community partners work together to prioritize the social and emotional experiences young people have at school, we can make sure all students have rich opportunities to learn and practice important skills that help them collaborate, solve problems, and succeed in school, college, career and life.
- The ability to focus, manage emotions, and stay engaged plays an incredibly important role in students' ability to learn. Students who can plan and organize tasks and cope with challenges are better equipped to master content knowledge and academic skills.
- Young people spend a significant portion of their early life in school. They aren't just learning the basics, they are experiencing emotions and learning social skills too. Our school staff is trained and prepared to support young people as they develop and grow.
- We provide a high-quality education for all students that can support the priorities and goals that matter to them and to their families, such as college and career success, civic engagement, and wellness. The way we think about the social and emotional part of learning is driven by engagement with families and tailored to the local priorities, cultures, and needs.
- We want students to get the very best of what education has to offer - that goes beyond the basics of classroom instruction. We want the learning environment to also support your kids' ability to feel engaged, motivated, and a sense of belonging. That's what social-emotional learning is really about - making sure the social and the emotional experiences young people have while learning contribute to their healthy development.