

Why Social Emotional Learning is Vital to Student Success and Well-being



Well-Being BC

Featuring Dr. Kimberly Schonert-Reichl

COMPONENTS OF SEL



RESEARCH SHOWS SEL PROGRAMS IMPROVE



Authors: Joseph Durlak, Roger P. Weissberg, Allison Dymnicki, Rebecca Taylor, & Kriston Schellinger

The Impact Of Enhancing Students' Social And Emotional Learning: A Meta-Analysis Of School-Based Universal Interventions
https://www.casel.org/wp-content/uploads/2016/08/PDF-3-Durlak-Weissberg-Dymnicki-Taylor_-Schellinger-2011-Meta-analysis.pdf

REMEMBER...

01 SEL is malleable

02 SEL can be learned at any age

03 SEL can be taught in schools from K-12

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Video Summary and Discussion Guide

SEL DEFINITION

SEL stands for “social-emotional learning”, and refers to skills like self-awareness, empathy, optimism, emotion regulation, social skills, prosocial behaviour, and responsible decision-making (to name a few!) **SEL includes any skills that help people to reflect on and manage their own emotions and behaviour and get along with others.**

EARLY SEL RESEARCH

The term SEL was first coined in the 1990’s – it is a relatively new field. However, it has grown quickly! Only 30 years after SEL was first introduced, there are almost 500,000 published research studies on this topic. In this video, Dr. Schonert-Reichl described some of the early research on SEL, including a landmark paper that helped launch SEL as an important predictor of student success. Since then, SEL has become widely recognized by parents, educators, and community leaders as critical supporting healthy child development.

META-ANALYSIS RESEARCH

A meta-analysis is a specific type of research project that reviews all of the previous studies that have been published on a particular topic. By taking an overview of an entire body of research, we can look for significant trends or patterns that go beyond the results of a single study. Meta-analyses help to determine whether a particular finding is repeatable (is found in more than one study or by more than one researcher), as well as how large or meaningful a particular effect might be (based on the average effect observed across studies).

IMPORTANT FINDINGS OF 2011 SEL META-ANALYSIS

In 2011, Joseph Durlak and his colleagues conducted a meta-analysis of over 213 research studies that compared the academic performance of students who received a universal SEL program in their school, to a control group of students that did not participate in any SEL instruction. The studies they reviewed were conducted over 10 years on over 200,000 students in kindergarten to Grade 12. They concluded that **SEL programs improve student’s SEL skills, attitudes, and behaviour, and also produce average gains in academic achievement of 11-percentile points.**

SEL CAN BE TAUGHT

Intelligence is believed to be an innate ability (i.e., something you are born with, and that doesn’t change very much throughout life). In contrast, **SEL skills are “malleable”** which means they can be changed through intervention. We now have decades of evidence showing that **SEL skills can be learned throughout a person’s whole life.** We also know that **SEL skills can be taught effectively in schools.** As early as Kindergarten and all the way to Grade 12 – it’s never too early (or too late!) to teach SEL.

BENEFITS OF SEL INSTRUCTION

The benefits of SEL instruction extend far beyond short-term gains in children’s abilities to self-regulate and get along with others. Teaching children how to recognize and manage their emotions, empathize with others, persevere through challenges, and make ethical choices can also increase their academic engagement in school, and provide the foundation for a successful future.

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Video Discussion Questions

- 1 Many people believed for a long time that a person's intelligence (or IQ) determined how successful they would be in life. In his book "Emotional Intelligence", science reporter Dan Goleman showed that, in reality, IQ only accounts for what percent of a person's success in life?
- 2 What are some of the other skills that research has shown are more strongly associated with life success?
- 3 In their meta-analysis of 10 years of research on SEL, Durlak and colleagues (2011) found that, compared to students who did not receive SEL instruction, students who participated in an SEL program showed significant improvement in which areas?
- 4 Reflecting on what you have learned from the research, what is one key message you think other educators need to understand about SEL?

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Video Discussion Question Answer Key

- 1 Many people believed for a long time that a person's intelligence (or IQ) determined how successful they would be in life. In his book "Emotional Intelligence", science reporter Dan Goleman showed that, in reality, IQ only accounts for what percent of a person's success in life?

A: About 10-15%

- 2 What are some of the other skills that research has shown are more strongly associated with life success?

A: Ability to persevere and manage stress; work collaboratively; get along with others; make responsible decisions; and reflect on your own strengths and weaknesses (also known as social-emotional skills)

- 3 In their meta-analysis of 10 years of research on SEL, Durlak and colleagues (2011) found that, compared to students who did not receive SEL instruction, students who participated in an SEL program showed significant improvement in which areas?

A: Increased social-emotional skills, positive attitudes toward school, kindness, and academic achievement; Decreased aggression and emotional distress (anxiety and depression)

- 4 Reflecting on what you have learned from the research, what is one key message you think other educators need to understand about SEL?

A: Answers will vary depending on personal application