

Social Emotional Learning

2/4/2020

Teaching Believing & Achieving *6-Minutes a Day*

Mental-health problems often begin at a young age, are widespread, and occur commonly among children and youth. It's estimated that 10% of youth have a serious mental-health problem that significantly impairs their functioning across multiple settings, including home, school, and the wider community.

Alarming, up to 80% of children and youth who need mental health services are left untreated. As a result of these unmet mental-health needs, many children will struggle to succeed at school, at home, and in their community.

Schools are key locations to reach children and youth who have unmet mental-health needs. Students are more likely to receive support at school due to the familiarity of the setting and the reduced barriers to services. Social emotional learning programs offered in schools have a range of benefits for students.

These programs emphasize prevention by fostering the development of social, emotional, and behavioral skills. There are five interrelated core competencies targeted by SEL programs that meet their rigorous standards. These include self-awareness, social awareness, self-management, social management, and responsible decision-making. These core competencies are especially important because they provide the student with a basis for better adjustment and academic performance.

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6- Minute Social Emotional Learning by Byron M. McClure, D.ED



5- Core Competencies

All five SEL core competencies are interrelated and must be mastered as a set of skills for an individual to optimally navigate social and emotional situations

- **Self-awareness**, like identifying emotions, recognizing strengths and needs, and developing a growth mindset.
- **Self-management**, like managing emotions, controlling impulses, and setting goals.
- **Social awareness**, like seeing things from other people's perspective, showing empathy, and appreciating diversity
- **Relationship skills**, like communication, cooperation, and conflict resolution.
- **Responsible decision-making**, including thinking about the consequences of personal behavior.