



TRAINING HANDOUT

The Benefits of SEL²⁴

STUDENT BENEFITS

- Better academic performance (11 percentile-point gain in academic achievement)
- Lower anxiety, stress and depression
- Better attitudes about themselves, others and school
- More attentive/less hyperactive
- Lower aggression
- Higher-quality relationships
- Increased prosocial behavior

EDUCATOR BENEFITS

- Happier
- More responsive and organized
- Greater self-efficacy (an individual's belief in their innate ability to achieve goals)
- Improved classroom climate
- Increased student engagement
- Lower rates of problem behaviors
- Lower aggression among students
- Higher-quality relationships
- Increased prosocial behavior

COMPONENTS OF A SUCCESSFUL SEL PROGRAM

- Educator well-being first
- Easy to implement
- Sustainable
- Comprehensive
- Developmentally appropriate
- Regular and ritualized
- Form a common language

²⁴ University of Illinois at Chicago Social and Emotional Learning Research Group and CASEL, *The Benefits of School-Based Social and Emotional Learning Programs: Highlights from a Major New Report*, July 2010, <https://casel.org/wp-content/uploads/2016/06/the-benefits-of-school-based-social-and-emotional-learning-programs.pdf>; Stephanie Jones, Katharine Brush, Rebecca Bailey, Gretchen Brion-Meisels, Joseph McIntyre, Jennifer Kahn, Bryan Nelson, and Laura Stickle, *Navigating SEL From the Inside Out*, March 2017, <https://www.wallacefoundation.org/knowledge-center/Documents/Navigating-Social-and-Emotional-Learning-from-the-Inside-Out.pdf>.