

## **What Is Social-Emotional Learning (SEL)**

Social-emotional learning is an educational method that aims to foster social and emotional skills within school curricula. SEL is an integral part of education and human development. SEL is a process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop health 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. This definition expands to encompass a skill-development process through which students learn how to problem solve and create positive relationships with others. Just as students learn how to multiply and divide, SEL skills can be learned. Physical isolation and stress from the pandemic have pressured students to leave their studies. SEL fosters resilience to keep them in school. Data supports the studies that confirm SEL skills boost students to achieve in school and in life. There are 5 core competences that make up Social-Emotional Learning.

1. Self-Awareness

The ability to understand one's own emotions, thoughts and values and how they influence behavior.

2. Self-Management

The ability to view and adopt different perspectives from one's own and empathize with people from diverse backgrounds.

3. Responsible Decision Making

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups.

4. Social Awareness

The ability to regulate one's emotions, thoughts and behavior effectively in different situations.

5. Relationship Skills

The ability to create and maintain supportive relationships among diverse individuals and groups and make constructive respectful choices about personal behavior and social interactions based on consideration of ethical standards, safety concerns, social norms and realistic evaluation of consequences of various actions.

The Richland Parish School Board has responded to the need for SEL for all students by shifting our curriculum to integrate social-emotional skills on a daily instructional platform. Lessons taught from various programs contain adaptable research-based activities that are fun and highly engaging. SEL programs in Richland Parish may look different for each school; their presentation may be diverse, however, the objectives and expectations of positive outcomes are synonymous.

Curriculum implanted SEL programs by school:

DES	-	Sanford Harmony
DMS	-	Sanford Harmony – Life Skills
DHS	-	Panorama
HRES	-	Sanford Harmony
MES	-	Sanford Harmony
MJHS	-	Second Step
MHS	-	Panorama
RES	-	Sanford Harmony
RJHS	-	Sabers – Life Skills
RHS	-	Panorama
SES	-	Sanford Harmony

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