Social and Emotional Learning in Elementary School Prepares Students for Success

Social emotional learning has five key components

- Self-awareness
- Self-management
- Social awareness
- Relationship skills
- Responsible decision-making

Social emotional learning benefits students

- Increases in positive social behavior
- Increases in grades
- Decreases in conduct problems
- Decreases in emotional distress

Students who get social emotional support see an 11% increase in academic performance

Students who get social emotional support have 10% less emotional distress

School leaders can act to support social emotional learning

- Adopt evidence-based social emotional learning programs
- Give teachers professional development and coaching
- Support social emotional learning school wide
- Build supportive school, district, and state policies

There are at least 19 evidence-based programs available.