

Children matter.  
 You matter.   
 Learn SEL!

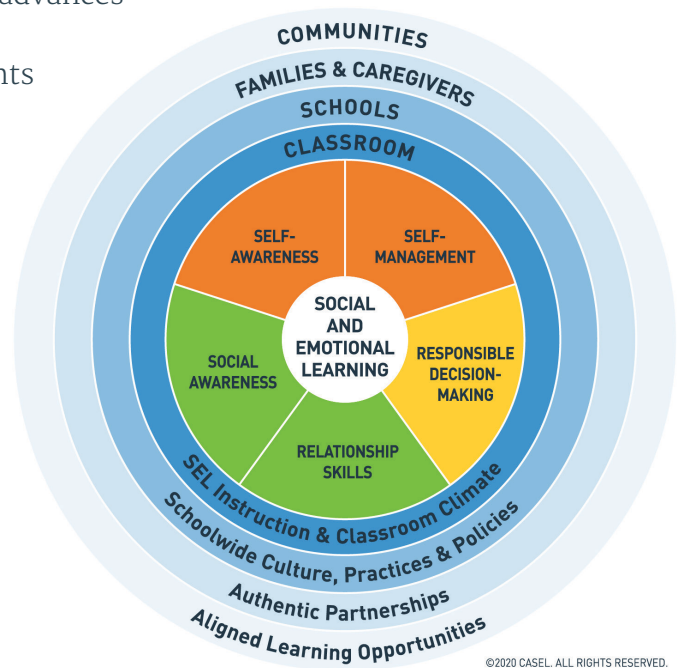
“We know we learn best when adults know us, make us feel safe, hold us responsible for our learning, and help us work constructively and productively together.”

— Youth quote in a Nation at Risk to a Nation at Hope<sup>1</sup>

## The Importance of Social and Emotional Learning

### What Is SEL?

**Social and emotional learning (SEL)** occurs when adults model and dedicate time for explicit instruction in the social and emotional competencies to affirm a child’s identity, belonging, and self-determination. SEL advances educational equity and excellence through school-family-community partnerships to establish learning environments and experiences that feature trusting and collaborative relationships, rigorous and meaningful curriculum and instruction, and ongoing evaluation. SEL can help address various forms of inequity and empower young people and adults to co-create thriving schools and contribute to safe, healthy, and just communities.<sup>2</sup>



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“Social and Emotional Learning helps students recognize their feelings and find their voices, while creating the needed stability to promote their desire to learn, to inquire and to create.”

— Site Coordinator, Erickson Elementary School,  
 Ypsilanti Community Schools

**The Collaborative for Academic, Social, and Emotional Learning (CASEL), the premier SEL organization in the nation, identifies five SEL competencies:** self-awareness, self-management, responsible decision-making, relationship skills, and social awareness. When these competencies are prioritized and integrated across settings, they prepare children—and the adults who care for them—for school, work, and life successes. Success means that children are able to:

- ▶ Develop healthy identities
- ▶ Understand and manage emotions
- ▶ Achieve personal and collective goals
- ▶ Establish and maintain responsible and caring relationships
- ▶ Feel and show empathy for others
- ▶ Make responsible decisions

FOR MORE INFORMATION: [Michigan.gov/mde-sel](https://michigan.gov/mde-sel) | SEND QUESTIONS TO: [MDE-selresources@michigan.gov](mailto:MDE-selresources@michigan.gov)



# LEARN SEL TODAY!

## Free SEL Professional Development: Introduction to SEL

The Michigan Department of Education (MDE) has launched an outreach plan: *Children Matter. You Matter. Learn SEL!* Part of this plan asks educators to complete the Introduction to SEL online module hosted at Michigan Virtual. As part of the campaign, the MDE asks that one school leader and two to four teachers in each building complete the course before Labor Day, 2021.



### Course Outcomes:

- ▶ Define SEL
- ▶ Understand the ways SEL can increase a student's capacity to learn
- ▶ Outline the five competencies of SEL as defined by the MDE
- ▶ Review SEL standards and benchmarks to apply to your school and classroom

## THE POWER OF SEL

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### STUDENTS BENEFIT

- ▲ Better social and emotional skills
- ▲ Improved attitudes about self, others, and school
- ▲ Positive classroom behavior
- ▲ 11 percentile-point gain on standardized achievement tests
- ▼ Fewer behavioral problems
- ▼ Less emotional stress
- ▼ Lower drug use

### ADULTS BENEFIT

Teachers who possess social and emotional competencies are more likely to stay in the classroom longer, develop and manage nurturing relationships with students, serve as behavioral role models for children, and manage their emotions.

### STRONG RETURN ON INVESTMENT

The investment into SEL is 11:1, meaning for every dollar invested, there is an \$11 return. Savings are from costs not incurred for intervention.<sup>3</sup>



1. Source: [http://nationathope.org/wp-content/uploads/2018\\_aspen\\_final-report\\_full\\_webversion.pdf](http://nationathope.org/wp-content/uploads/2018_aspen_final-report_full_webversion.pdf)
2. Source: <https://casel.org/what-is-sel/>
3. Source: <https://casel.org/the-economic-value-of-social-and-emotional-learning/>