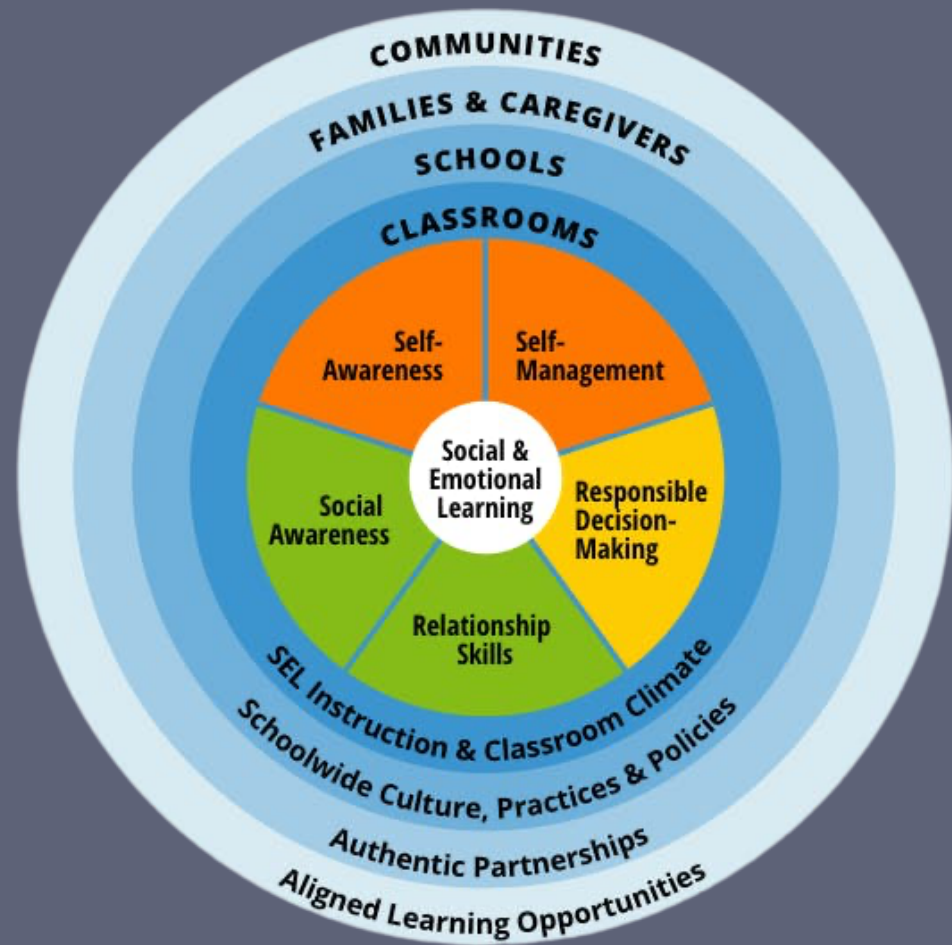


SEL AND ACADEMIC ACHIEVEMENT



WHAT IS SOCIAL EMOTIONAL LEARNING (SEL)?

Acquiring and applying knowledge, skills, and attitudes to...

- develop healthy identities
- manage emotions
- achieve personal and collective goals
- feel and show empathy for others
- establish and maintain supportive relationships
- make responsible and caring decisions

See our resource brief, "[Overview of SEL](#)" and visit CASEL.org for more detailed information on SEL

SEL interventions that address the five core SEL competencies have been found to significantly increase students' academic performance (Durlak et al., 2011).

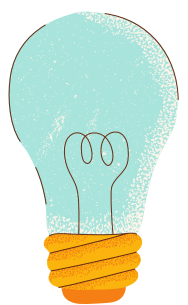
WHAT SEL SKILLS ARE RELATED TO ACADEMICS?



Stress tolerance skills are associated with increased concentration and improvement in other executive functioning skills, which result in greater academic achievement (Bennett & Dorjee, 2015; Takacs & Kassai, 2019)



Social curiosity fosters intrinsic motivation and allows children to engage more with their environment, thus increasing academic achievement (Lemberger-Truelove et al., 2021; Shah et al., 2018).



Executive functioning skills, such as attention, working memory, and inhibition contribute to a student's ability to learn. Executive functioning abilities are the best predictor of school readiness (Cantin et al., 2012; Razza & Blair, 2009)



Problem solving skills help students overcome obstacles and make responsible decisions about studying and completing homework, leading to higher academic achievement (Durlak et al., 2011)



Positive school attitudes help students increase self-awareness and confidence regarding their learning abilities, thus increasing their persistence in facing academic challenges (Durlak et al., 2011).

References

