What is Social Emotional Learning?

Social Emotional Learning (SEL) is a holistic approach to developing the whole child with a set of skills, knowledge, behaviors, beliefs/dispositions to be college, career, and life ready. Social Emotional Learning enhances students' capacity to integrate skills, attitudes, and behaviors to deal effectively and ethically with daily tasks and challenges in order to be successful members of our community.

The **Section** Key Competencies of Social Emotional Learning



Recognize one's own feelings, interests, strengths, and limitations



Management

Regulate emotions and manage daily stressors



Social **Awareness**

Take perspectives of others and appreciate similarities and differences



Relationship Skills

Exhibit prosocial behavior and demonstrate positive social skills in order to develop meaningful relationships



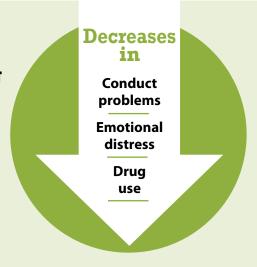
Decision Making

Make ethical decisions and strengthen the ability to develop appropriate solutions to identified problems



Social Emotional Learning in Pasco County Schools?

Social Emotional Learning (SEL) programs have shown immediate improvements in mental health, social skills, and academic achievement, and continue to benefit students for months and even years to come.



Up to 18 years later, students exposed to SEL in school continue to do better than their peers on a number of indicators:



Community

Better mental health Reduced criminal behavior **Engaged** citizenship



School

Better attendance Less disruptive Like school more **Increased academics**



Workforce

Readiness for post-secondary education

Ability to work in a team

Make decisions and solve problems

Effective communication and planning

Our Commitment to SEL in Pasco County Schools

In Pasco County Schools, we educate the whole child. Our students learn to think critically and solve complex problems while also becoming compassionate human beings. We ensure that all students have the skills they need to become responsible and contributing members of our community.

As part of this commitment, Pasco County has developed SEL standards that will be embedded as part of every child's course curriculum from kindergarten to graduation.

To learn more about Social Emotional Learning, visit www.casel.org.



www.pascoschools.org