

SOCIAL- EMOTIONAL LEARNING:

Why It Matters

With the rise of digital technology and social media—along with a renewed focus on mental health, behavioral outcomes, and classroom climate—social and emotional learning (SEL) is in the spotlight for K–12 educators.

96%
Teachers

Teachers and administrators agree that their students increasingly need more social and emotional support.



Social/emotional needs of students are the **#1 concern among teachers and administrators** who were surveyed by HMH®.

99%
Admins

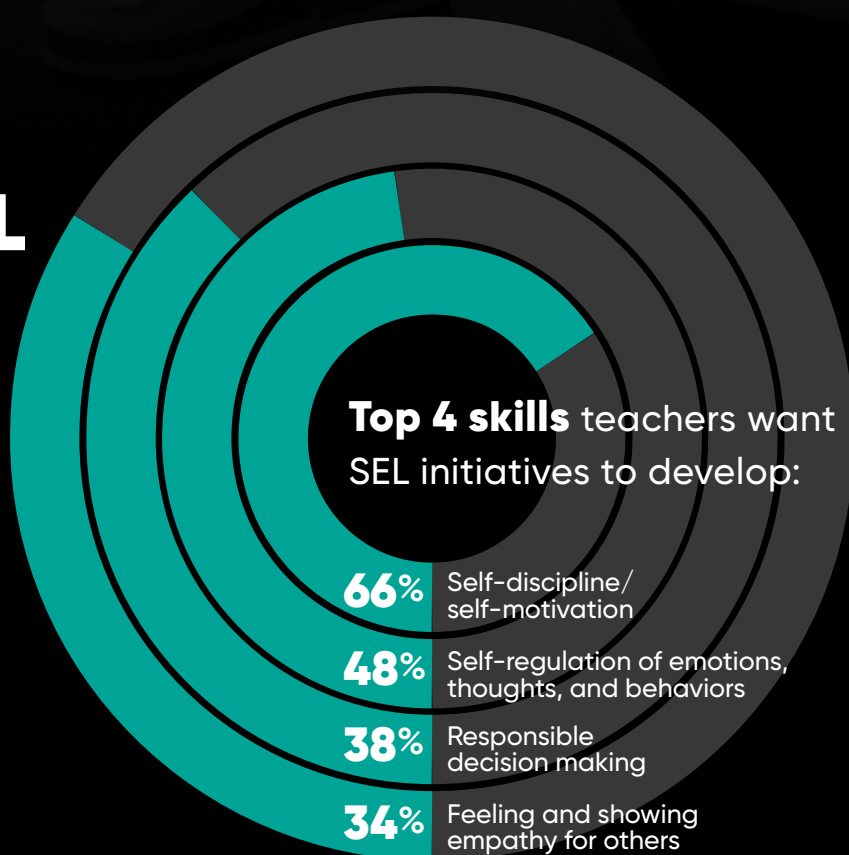


Only 11% of teachers feel their school has a well-crafted, fully-integrated approach to SEL.

What Teachers Want Out of SEL

Top 3 outcomes teachers would like to see:

- 58%** Reduced emotional distress, depression, and anxiety
- 53%** Improved positive attitudes **toward others**
- 39%** Improved positive attitudes **toward one's self**



Top 4 skills teachers want SEL initiatives to develop:

- 66%** Self-discipline/self-motivation
- 48%** Self-regulation of emotions, thoughts, and behaviors
- 38%** Responsible decision making
- 34%** Feeling and showing empathy for others

Short- and Long-Term Impacts of SEL

Short-Term



11 percentile gain in academic achievement for students who participated in a well-implemented SEL program

Per a 2011 meta-analysis



Improved classroom behavior and stress management among students; more positive attitudes

Per a 2017 meta-analysis

Long-Term



Improved lifetime outcomes, including **decreased odds of involvement with police and receiving public assistance** before adulthood

Per a 2015 meta-analysis



10% fewer psychological, behavioral, or substance abuse problems by age 25 for those who had SEL interventions starting in kindergarten

Per a 2014 meta-analysis

For more information on social-emotional learning, download our eBook!