

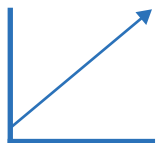


SOCIAL EMOTIONAL LEARNING

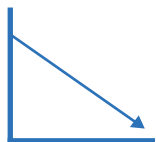
BEHAVIORAL HEALTH SERVICES

Why is SEL Important?

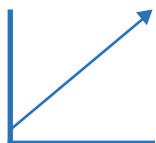
Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.



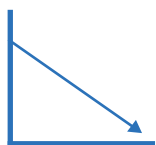
Academic Performance: Students who receive SEL instruction score an average of 11 percentile points higher than those who did not.



Fewer Negative Behaviors: Decreased disruptive class behavior, non-compliance, aggression, delinquent acts and disciplinary referrals.



Improved Attitudes & Behaviors: SEL instruction has been shown to instill a greater motivation to learn, a deeper commitment to school, increased time devoted to schoolwork, and better classroom behavior.



Reduced Emotional Distress: Fewer reports of student depression, anxiety, stress, and social **withdrawal**.

BPS SEL COMPETENCIES

- SELF AWARENESS
- SELF MANAGEMENT
- SOCIAL RELATIONS
- RESPONSIBLE DECISION MAKING

CBHM HAS IMPROVED STUDENT OUTCOMES THROUGH SEL

