

Why SEL?

1. Boost diversity, equity, and inclusion efforts

Social Emotional Learning is a dynamic process that fundamentally transforms how optimal teaching and learning happen, including how both competencies and conditions come together to advance equity. Equity in education and Social Emotional Learning are complimentary priorities that must be mutually reinforcing in Oregon's classrooms for each to succeed. Learn more through [EdTrust](#).

2. Positive social behavior

Students get along better with others with improved social interaction skills and self-knowledge. They gain greater “self-efficacy, confidence, persistence, empathy, connection and commitment to school, and a sense of purpose.” ([Weissberg](#), 2016) When students have positive, productive relationships with peers, family members, and educators, they also perform better in school.

3. Prepares students for their future lives and careers

Social Emotional Learning promotes skills like resilience, collaboration, self-regulation, self-awareness, empathy, and growth mindsets in particular—key skills expected when people enter the workforce. Students also gain a sense of purpose and belonging and learning to be civically engaged and culturally responsive. ([CASEL](#), 2022)

4. Student academic performance

Social Emotional Learning is shown to raise students' achievement scores by an average of 11 percentile points while improving attitudes towards school and increasing their performance in the classroom, including attendance and graduation rates.

5. Reduced emotional distress and lower discipline rates

When students are engaged in Social Emotional Learning, students have better relationships and fewer occurrences of depression, anxiety, stress and social withdrawal. There are also less disruptions and bullying. Studies show that students have less psychological, behavioral, or substance abuse problems in the long term.