



Social-Emotional Learning in Expanded Learning Programs

What is social-emotional learning?

Social-emotional learning (SEL) is the process through which people learn to manage their emotions, interact with others, and achieve goals.¹ Your expanded learning program's expertise in SEL can support these outcomes:²



WE ARE

Self-awareness

Young people are able to recognize and understand their own personal identity and feelings.

Self-management

Young people regulate and monitor their own behaviors, feelings, and impulses in order to make responsible decisions, maintain focus, and achieve goals.



WE BELONG

Social awareness

Young people have the capacity for empathy, are able to consider and appreciate the diverse feelings, perspectives, and personal contexts of others.

Interpersonal skills

Young people use effective communication and collaboration skills to establish and maintain positive and productive relationships.



WE CAN

Self-efficacy

Young people believe in their own capabilities and their ability to learn, achieve goals, and succeed.

Growth mindset

Young people believe that they can, through their own efforts, grow in their intelligence and abilities.

Why is social-emotional learning important?

SEL is essential to success in school, work, and life.

SEL skills support student learning.



Common Core State Standards



Student achievement



College & career readiness

SEL skills prepare students to be successful adults.



Healthy relationships



Productive careers



Socially conscious, engaged citizens

1. Adapted from the Collaborative for Academic, Social, and Emotional Learning (CASEL)'s definition.
2. See *Student Success Comes Full Circle*, Expanded Learning 360°/365, 2015 for more information.



Social-Emotional Learning in Expanded Learning Programs

**High-quality expanded learning environments
and practices promote social-emotional learning.**

SEL is a foundational component of all youth development programs. In fact, **6** of the *Quality Standards for Expanded Learning in California* directly promote **3** core areas of SEL.

6
Quality
Standards



Safe & supportive
environment



Active &
engaged learning



Skill building



Youth voice
& leadership



Diversity, access,
& equity



Healthy choices
& behaviors

3
SEL
Areas

I know how I
am feeling

I can control
my own
behavior



WE ARE

Self-awareness
Self-management

I care about
other people's
feelings

I work well
with others



WE BELONG

Social awareness
Interpersonal skills

I can
overcome
challenges

The harder I
try, the better
I'll get

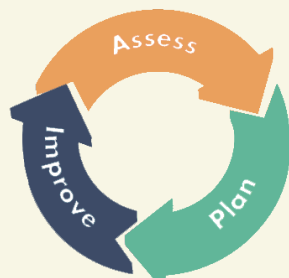


WE CAN

Self-efficacy
Growth mindset

**Research is clear: only high-quality
programs can support SEL outcomes.³**

To ensure quality,
use the cycle
of continuous
improvement.



**When schools and programs
work together, kids benefit.**

To work as authentic partners, schools and programs should:

- Commit to a shared vision of student success
- Use a common vocabulary for SEL skills
- Build on existing programs & services
- Share and implement consistent learning strategies
- Recognize and honor learning in and out of the classroom
- Talk about, and act upon, ideas for collaboration

3. Durlak, J.A., Weissberg, R.P., & Pachan, M. (2010). *A meta-analysis of after-school programs that seek to promote personal and social skills in children and adolescents.* American Journal of Community Psychology, 45, 294-309.
4. Several icons made by Freepik from www.flaticon.com.