



Effective
Social- Emotional
Learning for **the Next
Generation of Leaders**



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Leaders of tomorrow must be effective in their communication, self-aware and empathetic, capable of solving diverse set of problems , and not get overwhelmed by unknown variables.

Such challenges demand more than academic excellence – they require social and emotional intelligence too, which can only be developed through effective **social-emotional learning from a young age.**



Introduction

The challenges of the digital era facing the present generation of students are vastly different from those that the previous generation encountered. Nations around the world are grappling with the **potential and challenges** presented by cybersecurity, artificial intelligence, cryptocurrencies, space travel, genetic modification, and more.

The rapid pace of technology evolution is giving birth to new challenges and opportunities with each passing day. Yet, the students of today must be prepared for the challenges of tomorrow and groomed for leadership. They must be **equipped with the skills to find solutions** to unprecedented problems, lead in unstructured and unforeseen circumstances, and overcome such situations and take humanity forward.

Preparing leaders of tomorrow is the monumental mandate before the parents and teachers of today.

Yes, academic excellence is a part of the solution. However, it is not enough. Leaders of tomorrow must be effective in their communication, self-aware and empathetic, capable of solving diverse set of problems, and not get overwhelmed by unknown variables. Such challenges demand more than academic excellence – they require **social and emotional intelligence** too, which can only be developed through **effective social-emotional learning from a young age**.

Education departments and school districts across the states are recognizing the importance of social and emotional learning (SEL). They are introducing courses and creating space in their curriculum for SEL programs. However, students who are already burdened with the coursework of mathematics, sciences, and other subjects may not necessarily consider SEL a priority. So, schools must create **SEL courses that are informative and engaging** to capture the attention of the students.

What is Social Emotional Learning (SEL)?

According to CASEL (Collaborative for Academic, Social, and Emotional Learning), “social and emotional learning is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions”.

CASEL has designed an effective framework to help educators to create an effective SEL curriculum and teach it. Its framework focuses on **5 core competencies**:



Self-Awareness



Self-Management



Social Awareness



Relationship Skills



Responsible
Decision Making

These 5 competencies are at the heart of any comprehensive SEL curriculum. They help students to learn the basics of SEL.

Are Schools Effective in Integrating SEL in their Curriculums?

Schools have traditionally focused on academic learning. However, as new research surfaces, it is clear that ***SEL has a direct impact on the academic performance of students.*** A National Principal Survey of US schools has shown that “students who receive high-quality SEL instruction have scores that are, on average, 11 percentile points higher than students who did not receive SEL instruction”.

Schools are embracing the importance of SEL and integrating it in their curriculum. However, in most cases, the implementation of the SEL has been haphazard. Schools have included moral studies, social responsibility, and other subjects in their syllabi. However, they have not been able to elicit

interest among their students, generate curiosity among parents, or instill the necessary drive among teachers.

Most SEL programs can be made more effective by using a ***student-friendly pedagogy.*** These may include:

- ◆ Gamifying Lessons
- ◆ Focusing on Student’s Interests
- ◆ Classroom Participation/ Activities
- ◆ Leveraging Technology

Gamifying Lessons

Today, everything around the students is gamified to captivate and *engage* them. They are earning points while shopping; they keep counting the likes on their recent posts; they are amassing followers daily. Gamification is a part of their life, and it is *interesting*. Teachers can gamify their SEL sessions and make the SEL lessons more palatable to their students.



Focusing on Student's Interests

The teachers can also appeal to the interests of the students to drive the SEL sessions home. Of course, each student will have a unique set of interests. However, some interests may be shared, like popular movies, famous TV shows, beloved characters, and more. Such references do not just capture and retain their attention, but they help in *improving students' understanding of the concepts as well.*



Classroom Participation/ Activities

Teachers should also engage students in classroom activities to teach SEL. Classroom participation ensures that everyone is *actively learning* and it also takes away the boredom that can set in from a one-directional lecture.



Leveraging Technology

Technology has changed the way people live. Edtech has also transformed the way schools deliver education. Teachers can *harness the power of technology to teach SEL more effectively*. But, EdTech initiatives should be implemented at the school-level or the district-level.



How Can EdTech help?

EdTech is a potent way to deliver SEL sessions. Technology-driven solutions like *SEL Adventures* have transformed modern classrooms. EdTech can help students *grasp the concepts and learn to apply them* more effectively. Here is how.

◆ 24X7 Availability

EdTech solutions help students to *learn at their own speed*. With online lessons, students can go back and refer to old sessions, fast forward them to learn new concepts, and repeat the lessons until they do not understand a concept. They do not have to pace themselves according to their class.

◆ Comprehensive

The Edtech solutions for social-emotional learning are designed and vetted by experts. The lessons are complete in every sense and include activities to make sure that students understand what they

are being taught in class. *The perfect mix* of classroom sessions and outdoor activities makes it a *powerful way to impart knowledge*.

◆ Tracking Progress

Edtech solutions like *SEL Adventures* also allow teachers to keep a close *check on the progress made by their students*. For a subject like SEL, it is usually tricky for educators to create a matrix to quantify the progress of their class. But, EdTech solutions take care of these challenges.

◆ Familiar & Engaging

EdTech solutions also offer a *familiar way of learning* to students who are surrounded by smart devices all the time. The gamification aspect of the learning process makes them engaging, and *students are more excited to learn this way*.

Conclusion

Social Emotional Learning (SEL) is indeed an *essential part of the development of a child into a leader of tomorrow*. After all, it impacts the social, emotional, and academic aspects of a child's life. SEL has been taught in schools in a variety of forms earlier. However, it is not enough to teach SEL in schools, but also equally important to use the most *comprehensive curriculum* and the most *effective tools* to impart it.

While schools can use a variety of tools, *EdTech* has emerged as one of the most potent tools available at their disposal. Leveraging Edtech might just be the key to unlocking the enormous potential SEL holds that the society has not been able to tap yet.

About SEL Adventures

SEL Adventures is an EdTech, gamified educational platform that develops Social Emotional Learning (SEL) competencies for middle school students. Our platform gives recognized, *trackable results* on self-awareness, goal-setting, critical decision-making, and relationship skills, improving school climate, and helping prevent addictive behavior in students.

SEL Adventures' *Addiction Prevention Program* helps students reduce addictive behavior risk factors and build the confidence to resist engaging with toxic substances.

School Climate Program creates healthy new habits and behaviors to improve interaction amongst students.

Our methodology is grounded in the *cognitive behavioral approach*, where students model, practice and put into real life situations social-emotional

skills through digital , gamified, interactive lessons, lead by a skilled educator.

If you are a district leader or a school who is interested in the overall development of your students, then SEL Adventures is a technology-driven and complete SEL learning curriculum you should not miss. *Request a FREE Demo* and discover the powerful course material and effective pedagogy used by the program.

The program is also available in Spanish.

Request a Demo today and get flat 30% off on the SEL Adventures program.

Learn more here: www.sel-adventures.com



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