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

**Social-emotional learning** 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

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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.
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

- WE ARE: Self-awareness
- WE BELONG: Social awareness
- WE CAN: Self-efficacy

I know how I am feeling
I can control my own behavior
I care about other people’s feelings
I work well with others
I can overcome challenges
The harder I try, the better I’ll get

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

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


4 Several icons made by Freepik from www.flaticon.com.