

## MOD 3.2 Explicit SEL Instruction



---

### TAKE IT DEEPER: MIDDLE AND HIGH SCHOOL: Adolescents and SEL Programs

According to University of Texas professor David Yeager, “Typical SEL programs—which directly teach skills and invite participants to rehearse those skills over the course of many classroom lessons—have a poor track record with middle adolescents (roughly age 14 to 17), even though they work well with children. But some programs stand out for their effectiveness with adolescents. Rather than teaching them skills, effective programs for adolescents focus on mindsets and climate. Harnessing adolescents’ developmental motivations, such programs aim to make them feel respected by adults and peers and offer them the chance to gain status and admiration in the eyes of people whose opinions they value.”

Read David Yeager’s article [Social and Emotional Learning Programs for Adolescents](#).

What stood out for you in this article? Did anything surprise you, or was anything confirmed for you?

How are you and/or your school currently teaching SEL to students? What are the strengths and limitations of your methods/curriculum?

Does your SEL curricula address adolescents’ developmental needs for “feeling respected by adults and peers and offering them the chance to gain status and admiration in the eyes of people whose opinions they value?” If so, how? If not, how could you adjust your program?