

BENEFITS OF SOCIAL AND EMOTIONAL LEARNING

The benefits of social and emotional learning (SEL) are well-researched, with evidence demonstrating that an education that promotes SEL yields positive results for students, adults, and school communities. This summary of the benefits can support your conversations with stakeholders.



SEL LEADS TO IMPROVED ACADEMIC OUTCOMES AND BEHAVIORS

Hundreds of studies offer consistent evidence that SEL bolsters academic performance and benefits students.

- SEL interventions that address the five core competencies increased students' academic performance by 11 percentile points, compared to students who did not participate.
- Students participating in SEL programs showed improved: classroom behavior, ability to manage stress and depression, and attitudes about themselves, others, and school.

SEL BENEFITS ARE LONG-TERM AND GLOBAL

SEL implementation has long-term positive outcomes and is effective across diverse cultural contexts.

- Social and emotional benefits developed through SEL programs are positively correlated with higher levels of well-being up to 18 years later.
- SEL approaches are consistently effective with all demographic groups, supporting the positive development of students across diverse backgrounds.
- The positive effects are even stronger when SEL implementation is designed with a specific context or culture in mind, emphasizing the importance of a tailored approach.

SEL IS A WISE FINANCIAL INVESTMENT

Cost-benefit research demonstrates the value of SEL programs.

- An average return on investment for six evidence-based programs was 11 to 1, meaning every dollar invested produced \$11 worth of benefits.

SOCIAL AND EMOTIONAL SKILLS HELP IMPROVE LIFETIME OUTCOMES

There are statistically significant associations between social and emotional skills in kindergarten and key outcomes for young adults years later.

- Social and emotional skills decreased the likelihood of living in or being on a waiting list for public housing, receiving public assistance, having any involvement with police before adulthood, and ever spending time in a detention facility.