



# New Research Confirms SEL Boosts Student Growth & Well-Being

A groundbreaking study from Yale University provides robust evidence that **Social and Emotional Learning (SEL)** significantly enhances students' academic performance, emotional well-being, and feelings of school safety—critical factors amidst a growing national mental health crisis.

## The Study at a Glance

Led by **Christina Cipriano, PhD, and Michael Strambler, PhD**, this comprehensive **meta-analysis** reviewed **424 experimental studies** worldwide, covering over **250 SEL programs** and involving more than **500,000 K-12 students**.

## Key Findings: The Positive Impact of SEL

### Academic Achievement & Engagement

Students participating in SEL programs show **higher academic performance**, increased motivation, and improved classroom engagement.

### Stronger Social-Emotional Skills

SEL enhances **self-efficacy, self-esteem, and optimism**, empowering students with critical life skills.

### Improved Mental Health

SEL programs help reduce:

- ✓ Anxiety
- ✓ Stress
- ✓ Depression
- ✓ Suicidal thoughts

### Better Relationships with Teachers & Peers

Students in SEL programs develop stronger **connections with teachers and classmates**, fostering a supportive school environment.

## New Insights: SEL & School Safety

For the first time, this meta-analysis explored **school safety and civic behaviors** about SEL. The results were eye-opening:

### **Increased Feelings of Safety & Inclusion**

SEL programs make students feel more **secure and valued** in their school communities.

### **Boost in Prosocial & Civic Behaviors**

SEL helps students engage more in their **communities, promoting kindness, responsibility, and active participation.**

## **What Makes SEL Programs Most Effective?**

The study emphasizes that **high-quality, teacher-led SEL programs** yield the **greatest benefits** when they include:

- ✓ **Sequencing:** Step-by-step skill development
- ✓ **Active Engagement:** Hands-on participation
- ✓ **Focus:** Dedicated time for SEL lessons
- ✓ **Explicit Goals:** Clearly defined learning objectives

## **Why This Matters for Education**

This research reinforces **SEL's critical role in educational equity** and the urgent need for schools to integrate **evidence-based SEL programs**. Moving forward, the study calls for expanded research methodologies better to measure **SEL's full impact on student development**.

## **Final Thoughts**

With **mental health challenges rising** among students, SEL is more critical than ever. Schools must **prioritize** high-quality SEL programs to **nurture well-rounded, resilient, and engaged learners**.

 **What's your take on the role of SEL in schools? Drop a comment below!**

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