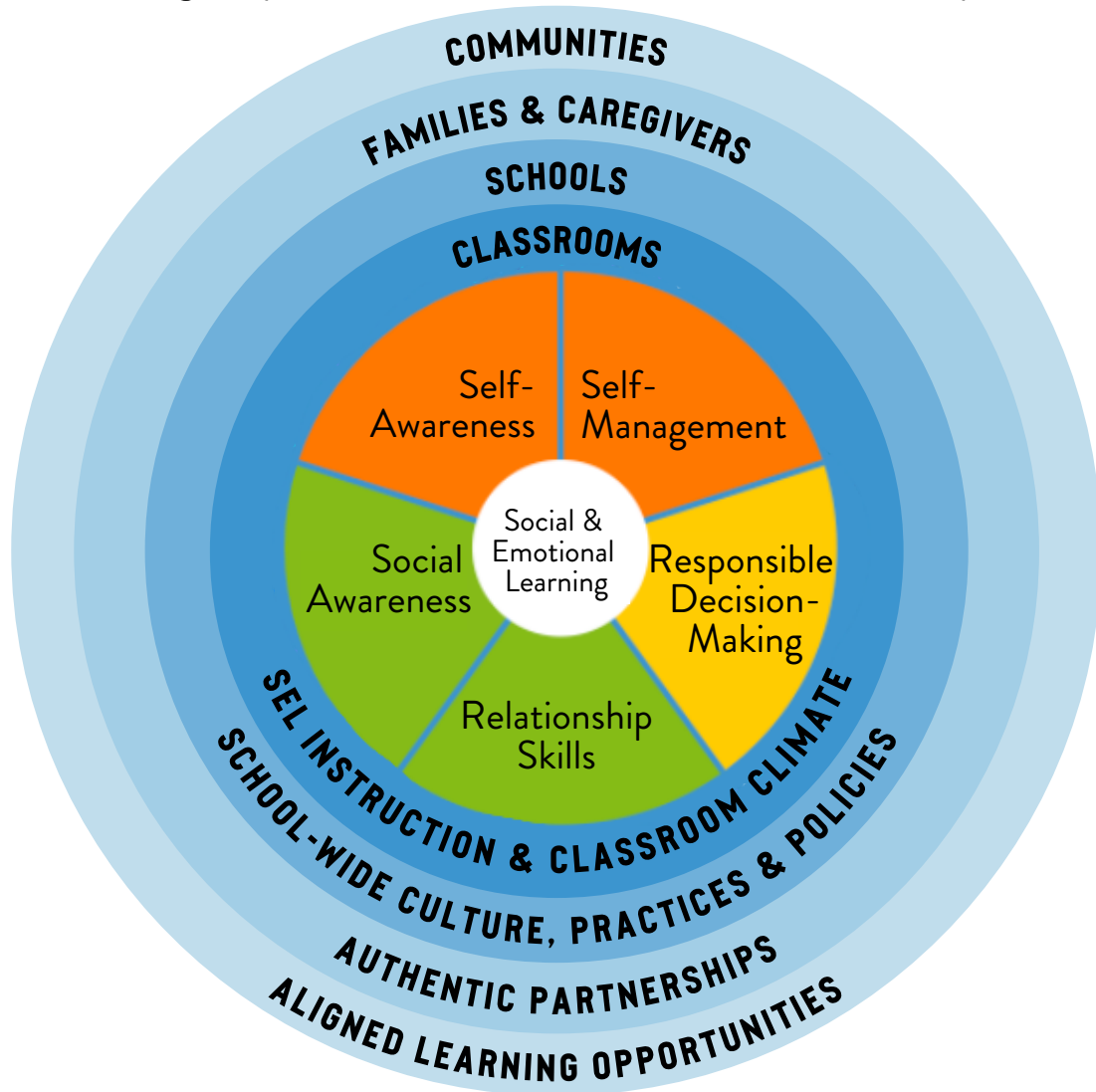




Social & Emotional Learning (SEL)

An integral part of education & human development



What is SEL?

SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions

Why It Matters:

Through [systematic implementation](#) the Collaborative for Academic, Social, and Emotional Learning (CASEL) envisions and is working to ensure that all children and adults as self-aware, caring, responsible, engaged, and lifelong learners who work together to achieve their goals and create a more inclusive, just, and equitable world.

Fundamentals of sel. CASEL. (2022, March 11). Retrieved April 7, 2022, from <https://casel.org/fundamentals-of-sel/>

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(3 minute video)