

# What is SEL?

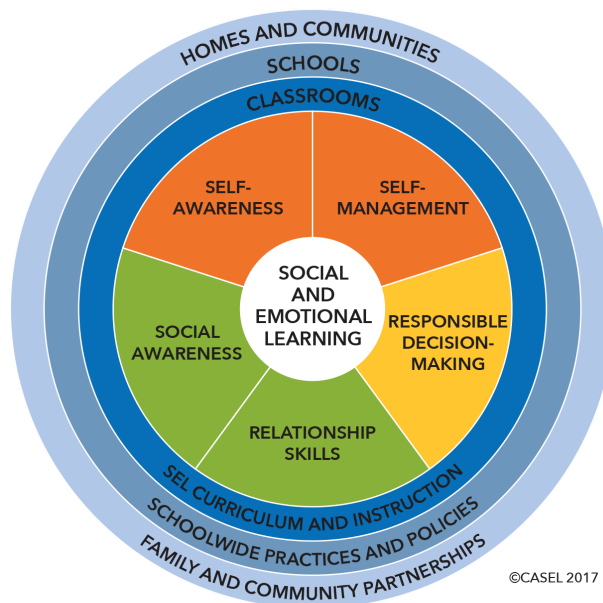
<https://casel.org/>

According to the Collaborative for Academic, Social and Emotional Learning - **Social and Emotional Learning (SEL)** is “an integral part of education and human development. 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.

SEL advances educational equity and excellence through authentic school-family-community partnerships to establish learning environments and experiences that feature trusting and collaborative relationships, rigorous and meaningful curriculum and instruction, and ongoing evaluation. SEL can help address various forms of inequity and empower young people and adults to co-create thriving schools and contribute to safe, healthy, and just communities.”



## SEL Competencies



The SLCUSD School Counselors promote these five competencies; Self Awareness, Social Awareness, Relationship Skills, Responsible Decision Making and Self Management in their daily interactions with students as well as districtwide SEL Curriculum, academic planning & intervention and student wellness.