



Research-based SEL programs improve student outcomes

There are so many advantages for your school beyond just increased academic performance and student socioemotional wellbeing.

- Resilient & happy students
- Better school climate
- Reduce behavior issues
- Higher attendance
- Improved academics
- Increase graduation rates
- Motivated students

The [Mindset Mastery Curriculum](#) is a researched-based SEL program that improves student outcomes. A strong SEL program can:

- ❑ **SEL Improves Perseverance and Resilience** University of Pennsylvania studies found that students who don't have the highest IQs in their class but get high grades share an attitude called "grit." They keep plugging away despite any setbacks or failures.
- ❑ **SEL Predicts Financial Success** A 30-year longitudinal study of more than a thousand kids found that those children with the best **cognitive control** (delayed gratification in the pursuit of valued goals) had the greatest financial success in their 30s. Delayed gratification and emotional control predicted success better than a child's IQ, and better than the wealth of the family they grew up in.
- ❑ **SEL Improves Attention, Learning and Memory** Emotions serve as a powerful vehicle for enhancing or inhibiting learning (Greenleaf, 2002) Negative emotions can reduce working memory, the memory system used for holding and manipulating information while various while mental tasks are carried out (Linnebrick & Pintrich, 2000)
- ❑ **SEL emotional well being counteracts depression and increases happiness** A recent report by the World Health Organization predicts that if nothing is done by 2030, depression will be the number one world illness. The longest longitudinal study on happiness and longevity (75 years) by Harvard suggests that meaningful relationships and empathy result in healthy aging and happiness and is the secret for living beyond the age of 90 years of age.
- ❑ **SEL Boosts Academic Performance** According to a 2011 meta-analysis of 213 studies involving more than 270,000 students, those who participated in evidence-based SEL programs showed an 11 percentile-point gain in academic achievement compared to students who did not participate in SEL programs and also showed improved classroom behavior, an increased ability to manage stress and depression, and better attitudes about themselves, others, and school. (CASEL Website)⁴
- ❑ **SEL Increases Student Interest in Learning** A recent meta-analysis found that students who received explicit SEL skills instruction with evidence-based SEL programs demonstrated improved attitudes and behaviors, including a greater motivation to learn, improved relationships with peers, and a deeper connection to their school.⁵
- ❑ **SEL Improves Student Behavior** Students in SEL programs enjoy a 9–10 percentage point improvement in positive attitude, addressing conduct problems and reducing emotional distress, compared to students non SEL participating students.⁶
- ❑ **SEL Prevents and Reduces Fights/Bullying** Various SEL programs have been found to decrease by half the annual number of student fights, decrease violent behaviors by 19 percentage points, and reduce classroom hostility.⁷
- ❑ **SEL Improves School Climate** Teachers in schools where social and emotional skills are not taught are nearly twice as likely to report school climate as a problem as teachers in schools where it is taught on a systematic basis (43 versus 28 percent).⁸
- ❑ **SEL Addresses the National Challenge that many graduates do not have the skills to be successful** On average, students participating in SEL programs have better social skills than 76 percent of comparison-group students and have an average 23 percentage point gain in social-emotional skills relative to students not participating in SEL programs.¹³ When surveyed, more than 80 percent of dropouts said their chances of staying in school would have increased if classes were more interesting and provided opportunities for real-world learning.¹⁴