The Collaborative for Academic, Social, and Emotional Learning (CASEL) is a trusted source for knowledge about high-quality, evidence-based social and emotional learning (SEL). CASEL supports educators and policy leaders and enhances the experiences and outcomes for all PreK-12 students.

For 25 years, we have focused on informing the policy, promoting evidence-based practices for SEL, and building a nationwide SEL network.

**Drive Research**
We advance the knowledge base about SEL by synthesizing, conducting, and commissioning research and sharing findings from the field.

**Inform Policy**
We support states in developing PreK-12 SEL policies and guidelines and educate federal policymakers about the evidence to support the value of SEL. In addition, CASEL has helped to include SEL language in legislation.

**Guide Practice**
We translate research into action through school district partnerships and field-tested resources and tools.

**Build a Network**
Through our convenings, collaborations, and partnerships, we bring together experts, practitioners, and policymakers to implement and sustain SEL in communities nationwide.

Our work is critical at a time when educators, parents, students, and employers increasingly recognize the value of SEL. Together, we are united in our call for schools to educate the whole child, equipping students for success in school and in life.

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**Key CASEL Initiatives**
To advance the field and provide expert guidance, CASEL undertakes a range of initiatives. We are focused on deepening the field’s knowledge base for systemic SEL implementation, assessment, and continuous improvement; providing expert guidance to district, state, and federal policymakers; and aligning the field by documenting and sharing best practices. Major efforts include:

**Assessment Work Group**
This multidisciplinary collaborative helps inform the field about practical, scientifically sound SEL assessments to equip states, districts, schools, and community partners to choose appropriate and effective SEL frameworks and measures.

**Collaborating Districts Initiative**
The Collaborating Districts Initiative (CDI) supports more than 20 partner districts (representing 1.8+ million students) in systemically embedding SEL into their work. Insights from the CDI are shared through the District Resource Center and other online tools for educators.

**Collaborating States Initiative**
The Collaborating States Initiative (CSI) helps more than half the states (serving about 60% of U.S. students) develop SEL guidelines, share effective approaches to integrate SEL across programs and practices, and create the conditions for success in school districts.

**Equity Work Group**
Representatives from more than 20 school districts are working with scholars in a professional learning community that strives to integrate SEL and equity efforts across the district. The Work Group is committed to helping build learning environments that improve outcomes for all students.

**Program Reviews**
CASEL evaluates and identifies widely used SEL programs to promote high-quality, evidence-based curricula and lessons. The review process supports educators in selecting and implementing SEL programs, preschool to high school.
What is Social and Emotional Learning (SEL)?

SEL is the process through which students and adults learn to understand and manage their emotions, set and achieve goals, feel and show empathy for others, establish and maintain relationships, and make responsible decisions.

CASEL’s integrated framework and five core competencies enhance students’ and adults’ capacity to integrate skills, attitudes, and behaviors to help them face challenges, overcome obstacles, and thrive in school, at work, and throughout their lives. SEL can be taught in many ways across many settings.

**Self-awareness:** Know your strengths and limitations, with a well-grounded sense of confidence, optimism, and a “growth mindset.”

**Self-management:** Effectively manage stress, control impulses, and motivate yourself to set and achieve goals.

**Social awareness:** Understand the perspectives of others and empathize with them, including those from diverse backgrounds and cultures.

**Relationship skills:** Communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

**Responsible decision-making:** Make constructive choices about personal behavior and social interactions based on ethical standards, safety, and social norms.

A Systemic Approach to SEL

SEL can be more than just a 30-minute lesson. A systemic approach to SEL intentionally cultivates a caring, participatory, and equitable learning environment and evidence-based practices that actively involve all students in their social, emotional, and academic growth. This approach infuses social and emotional learning into every part of students’ daily lives—across all of their classrooms, during all times of the school day, and when they are in their homes and communities.

SEL Works

**INCREASED ACADEMIC OUTCOMES**

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.¹

**INCREASED BEHAVIORAL OUTCOMES**

Studies have found SEL leads to increased high school graduation rates, postsecondary enrollment, postsecondary completion, employment rates, and average wages.²

**STRONG RETURN ON INVESTMENT**

A review of six evidence-based SEL programs showed that for every dollar invested there was an economic return of 11 dollars.³

**REDUCED BEHAVIORAL PROBLEMS**

Studies have found SEL leads to decreased dropout rates, school and classroom behavior issues, drug use, teen pregnancy, mental health problems, and criminal behavior.⁴

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¹ The Impact of Enhancing Students’ Social and Emotional Learning: A Meta-Analysis of School-Based Interventions, Child Development, January 2011
² Fostering and Measuring Skills: Improving Cognitive and Non-cognitive Skills to Promote Lifetime Success, 2014
³ The Economic Value of Social and Emotional Learning, Columbia University, February 2015
⁴ Fostering and Measuring Skills: Improving Cognitive and Non-cognitive Skills to Promote Lifetime Success, 2014