

HOW SOCIAL-EMOTIONAL LEARNING TRANSFORMS CLASSROOMS

by:

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A growing number of people are realizing that academic success is only one aspect of a student's complete growth in the quickly changing field of education. Education institutions are focusing more on social-emotional learning (SEL) in order to properly prepare students for success in the real world.

In the seminar conducted last March 20-22, 2024, by the Department of Education headed by Mrs. Jacqueline Tuazon, EPS in Edukasyon sa Pagpapakatao, in the Division of Bataan, it was discussed that Social-Emotional Learning encompasses a range of skills that are crucial for navigating life's challenges effectively. Self-management, relationship skills, social awareness, self-awareness, and responsible decision-making are some skills for students' life challenges. By integrating Social-Emotional Learning into the fabric of education, schools prioritize students' holistic development, equipping them with the tools they need to thrive in school and beyond. It also examines how they manifest in classrooms to create environments prioritizing empathy, collaboration, and resilience. We also see the benefits of Social-Emotional Learning for students and educators, highlighting its potential to improve academic outcomes, reduce behavioral issues, and cultivate a sense of belonging and inclusion within school communities.

Social-Emotional Learning transforms classrooms and explores the profound impact of integrating Social-Emotional Learning into educational environments. Social-emotional learning enhances students' emotional intelligence, interpersonal skills, and overall well-being, creating a more positive and supportive classroom atmosphere. It has

appeared as a critical part of modern education, transforming classrooms and shaping students' holistic development. It brings positive changes in educational environments.

Understanding Social-Emotional Learning focuses on nurturing students' emotional intelligence, self-awareness, social skills, and responsible decision-making abilities. These competencies are increasingly recognized as essential for academic success, personal well-being, and long-term success.

One of the primary impacts of Social-Emotional Learning is creating safe, inclusive, and supportive classroom environments. Students feel more comfortable expressing themselves, taking academic risks, and engaging in collaborative activities by fostering a sense of belonging and emotional safety.

Social-emotional learning helps students understand and regulate their emotions effectively. Students learn to manage stress, navigate interpersonal relationships, and make responsible choices through mindfulness practices, emotional check-ins, and conflict-resolution strategies.

Another significant benefit of Social-Emotional Learning is the development of strong interpersonal skills and empathy. By teaching communication techniques, active listening, perspective-taking, and empathy-building exercises, students cultivate positive relationships, resolve conflicts peacefully, and develop a deeper understanding of others' experiences and emotions.

Implementing Social-Emotional Learning also requires collaboration among educators, parents, and community stakeholders. Schools can integrate social-emotional learning into curricula, provide professional development for teachers, involve parents in social-emotional learning activities, and leverage community resources to comprehensively support students' social-emotional development.

Social-emotional learning is a powerful catalyst for transforming classrooms into nurturing, inclusive, and empowering spaces. By prioritizing students' emotional well-being, fostering essential skills, and cultivating a culture of empathy and collaboration, Social-Emotional Learning prepares students not just for academic success but also for a fulfilling and meaningful life.

As educators, we must apply all the knowledge gained in these types of seminars, share it with our co-teachers, and build a more robust student in the MATATAG Agenda.

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