

THE IMPACT OF SEL ON STUDENT WELL-BEING

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Social-emotional learning (SEL) is about recognizing and handling your feelings, forming good relationships with others, making wise choices, and reaching your own goals. It includes various skills that help people manage social situations, deal with problems, and succeed in different parts of their lives. These skills are not something we are born with; we learn and improve them through experiences, education, and practice. SEL is more than just school subjects. It helps students understand themselves, manage their feelings, recognize others' feelings, build relationships, and make good choices. By adding social and emotional learning (SEL) to education and daily life, people can develop the emotional skills and strength they need to do well in school, work, and personal relationships.

Social-emotional learning (SEL) greatly affects students' well-being in many ways. SEL helps students learn to handle their feelings, build good friendships, and make smart choices, making their school life better and more enjoyable. Students who take part in SEL programs do better in school, feel more confident, and have a stronger connection to their school. They are better at handling stress, solving problems peacefully, and dealing with tough situations more easily. This helps to lower anxiety and depression, encourages more interest in learning, and creates a happier view of life. By helping students understand their feelings and get along with others, Social and Emotional Learning (SEL) enables them to do better in school, make friends, and feel good about themselves.

In essence, social-emotional learning (SEL) helps develop important skills like understanding your feelings, managing your emotions, being aware of others, building

good relationships, and making smart choices. When used well in schools, Social and Emotional Learning (SEL) helps students feel better and do better in their studies. It makes them more resilient, helps them build better relationships, and creates a friendlier school environment. This all helps students succeed in many areas of their lives.

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