SOCIAL-EMOTIONAL LEARNING (SEL)

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A social-emotional learning (SEL) system assists students of all ages in better understanding their emotions, experiencing them ultimately, and exhibiting empathy for others. These acquired behaviors are then used to assist students in developing constructive, accountable decision-making skills, goal-achieving frameworks, and constructive interpersonal interactions. It is an essential component of human development. It gives learners the talents, information, resources, and skills they need to solve issues, form healthy relationships, make wise choices, and reach self-awareness. Additionally, social-emotional learning may serve as the basis for academic achievement and is relevant to the movement for accessible and inclusive education. As educational institutions welcome individuals from all backgrounds and encounter various difficulties, students must comprehend this and cultivate compassion and understanding (ViewSonic, 2021).

Through the development of self-awareness and an awareness of the challenges faced by students from diverse backgrounds, social-emotional learning is a tool that enables all learners to experience a relaxed, fruitful learning environment. A foundation of comprehension and acceptance is established as learners study the idea of empathy and apply it to other pupils. Students who use a social-emotional learning (SEL) approach can better integrate and understand their social and emotional learning in the classroom. Social and emotional learning has been shown to have several advantages, such as Boosting self-awareness, academic performance, and constructive conduct in and out of the classroom, it has been shown that the abilities acquired in SEL programs help learners solve issues, manage emotional stress, and resist peer temptation to partake in risky

behaviors. Learners who get social-emotional learning (SEL) may be better prepared for success during and after their academic careers. These learners may acquire the "soft skills" needed for many vocations, such as problem-solving, collaboration, and empathy, by learning good behaviors beyond academic success (Texthelp, 2025).

Social-emotional learning (SEL) may be an effective strategy for teaching learners' emotional intelligence and common social skills. These abilities help children do better in the classroom and interact with others more effectively. Additionally, they may boost their self-confidence. Although emotional intelligence and social-emotional learning (SEL) have always been important, once students return to school, their value as a teaching tool will only increase. Schools may effectively help their learners as they adapt by focusing on the mental health of children of all ages and teaching them skills found in social-emotional learning (SEL) programs.

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