

The Evidence Base for How We Learn

Supporting Students' Social, Emotional, and Academic Development

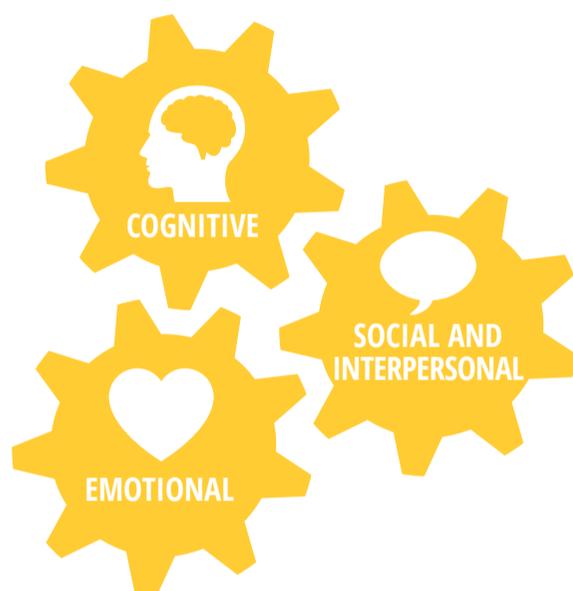
In September 2017, the 28-member Council of Distinguished Scientists of the National Commission on Social, Emotional, and Academic Development unanimously developed and endorsed a research brief that includes a set of consensus statements about the importance of integrating social and emotional learning with academic learning — and the research behind this approach.

Social, Emotional, and Academic Development Matters

Social, emotional and cognitive competencies develop throughout our lives and are essential to success in our schools, workplaces, homes, and communities and allow individuals to contribute meaningfully to society.

Social, emotional, and cognitive capabilities are fundamentally intertwined—they are interdependent in their development, experience, and use.

Engaging in effective social and emotional learning-informed programs and practices can improve teacher effectiveness and well-being.



Social and Emotional Skills are Malleable

Social, emotional, and cognitive competencies can be taught and developed throughout childhood, adolescence, and beyond.

Contexts and experiences can be shaped in ways that positively affect children's social and emotional learning and their academic and life outcomes, and there are programs and practices that have been proven to be effective at improving social and emotional development.



Schools Play a Central Role in Social, Emotional, and Academic Development

Schools can have a significant influence on social, emotional, and academic development. The wider community (families, community institutions, etc.) must be engaged to enhance the strength, depth, and pace of acquisition of these competencies.

Effective implementation is necessary to improve outcomes and for all children to benefit.

For social, emotional, and academic development to thrive in schools, teachers and administrators need training and support to understand and model the skills, behaviors, knowledge, and beliefs.



Focusing on Social and Emotional Development is Worth It

Supporting social, emotional, and academic development is a wise use of public resources, because there can be long-term social and economic benefits to society when schools implement and embed evidence-based programs that promote social and emotional as well as cognitive development.

All students, regardless of their background, benefit from positive social and emotional development. At the same time, building, nurturing, and integrating social, emotional, and academic development in PreK-12 can be a part of achieving a more equitable society.

