



Where education is **fully** alive

## Why Invest in Social-Emotional Learning?

Research shows that emotions affect how and why we learn and that **social and emotional literacy supports success in every part of a student's life.**

Social-emotional learning helps students identify their feelings and better manage their emotions, which positively impacts their academics and relationships.

Through social-emotional learning students:

- develop skills of perseverance and resilience to face academic or personal adversity;
- learn how to handle peer pressure;
- stand up for beliefs when challenged; and
- form close secure relationships.



SEL improves students' attitudes and engagement at school and positively impacts school culture.

**We have launched a comprehensive, evidence based social-emotional learning program called Friendzy.**

The Friendzy program uses an evidence-based approach for teaching and learning so teachers, counselors, and school administration can provide SEL support to students and families all year long—with in-person, distance, or hybrid learning.



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## **Social-Emotional Learning Core Competencies: The Focus of the Friendzy Program**



### **SELF-AWARENESS**

The ability to identify emotions, recognize strengths and limitations, and build self-confidence



### **SELF-MANAGEMENT**

The ability to increase self-discipline and self-motivation while managing behaviors to achieve goals



### **RESPONSIBLE DECISION-MAKING**

The ability to identify problems, analyze situations, and respond appropriately



### **SOCIAL AWARENESS**

The ability to express empathy, appreciate diversity, and show respect to others



### **RELATIONSHIPS SKILLS**

The ability to build strong relationships through communication, conflict resolution, and teamwork

## **We Believe SEL is Vital for All Students:**

Learning social-emotional skills is as important as excelling in academics. Students can't unlock their full academic potential without first unlocking their full social-emotional self.

The Friendzy program uses interactive lessons and engaging activities to change school culture and teach students the skills they need to be successful in school, in relationships, and in life.