SOCIAL-EMOTIONAL LEARNING

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Aside from cognitive and psychomotor skills, the social-emotional skill should be learned. Social-emotional learning entails the proper management of emotions, identifying one’s strengths, making goals, manifesting empathy, yielding right decisions and establishing harmonious relationship or goodwill with other people.

Social-emotional learning also known as SEL is very essential on the part of every learner for it teaches him or her to be emotionally matured and to be socially inclined.

The learner should learn how to manage their emotions. The teacher in school should teach every learner to handle emotions and don’t let these emotions overpower the mind.

It is a better practice if learners are able to identify their strengths. It is indeed worth knowing the assets that make you a better person. It adds confidence and boosts the morale of every individual.
Setting your goals in life is very important. To accomplish social-emotional learning, one thing is to assure yourself that you have a target in life and this makes yourself directed.

If a person knows how to empathize, then his or her social-emotional learning is built. Thus, empathy is manifesting social-emotional learning.

Social-emotional learning helps you make the right decision in life. On the part of the learner it will teach him or her to make the right decisions.

The so-called social-emotional learning instructs the learner to have better relationship not only with peers but also with others.

These are the ways on how to build your social-emotional aspect.

The child in school should attain social-emotional learning to keep them well-adjusted and well-adopted to the environment around them

References:


https://casel.org/what-is-sel/