SOCIAL-EMOTIONAL LEARNING

by:

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Social-emotional learning is a way of establishing the holistic development of every child. This would be possible by teaching and instilling within each child the abilities of self-control, perseverance, compassion, self-awareness, and awareness.

The schools are teaching and developing social-emotional learning for the learners to manage their emotions, show concern and collaborate well with their classmates or peers. Social-emotional learning is after for the good regulation of one’s emotions, active demonstration of care and concern for others and ardent working effort with peers.

Social-emotional learning covers the cognitive, social, and emotional aspects or domains of every individual. This certainly means that the social-emotional learning develops the use of the intellectual power in its cognitive side, the utilization of initiative to socialize and mingle with other people and the application of emotional strength to deal with situations and difficulties.

The so called social-emotional learning is not only a simple kind of learning but it is a vital part of education and human improvement. As part of education, it teaches people to make use of the mental, social, and emotional abilities in acquiring brilliant ideas which are contributory to one’s holistic progress. On the other hand, as part of the human improvement, it leads the people to handle real-life challenges with intelligence, compassion, and strength.

Moreover, it helps people obtain and employ knowledge, skills, and attitudes to regulate emotions, achieve individual and collective dreams, manifest empathy to others.
and establish a harmonious relationship with them and decide for them. Through social-emotional learning, every individual would learn the different aspects that man should acquire. Social-emotional learning covers the mind, the heart and attitude.

Social-emotional learning is indeed a very significant part of every human being who attends a school and who continuously aspires for growth and progress in oneself, but the benefits would also affect the others.

Social-emotional is truly very essential and people must have it with them!

References:

What Is Social-Emotional Learning And How Does It Affect Kids?
https://www.givingcompass.org/article/what-is-social-emotional-learning-and-how-does-it-affect-kids/?gclid=EAIaIQobChMImfTSqJ2g8gIVV3ZgCh3yOQIWEAAYASAAEgISrPD_BwE

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