SOCIAL EMOTIONAL LEARNING: ITS BENEFITS IN EDUCATION

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Social emotional learning defines as a practice which aims to help the students to fully understand and feel their emotions. It also aims to establish and exhibit compassion towards their peers. Understanding their emotions and building sympathy for others may cultivate positive traits, make liable decisions, goal-oriented and form a well-defined relationships with the people around them.

Today, this method is truly essential to the mental health of the students as they are isolated due to home quarantine caused by COVID-19 pandemic. As we all know, the progress of students’ lies on different factors such as teacher factor, peer factor and environmental factor. Interactions with teachers and peers contribute largely on the well-being of the students. Loneliness and boredom may distract them from studying but they have to comply with the activities that their teachers have provided in modular or distance learning modality. This event may result to anxiety and depression which may supress learning.

In addition to that, students may think that what will be sense of studying if they will die because of the corona virus. The need to study will be questioned if the vision for future is blurred because of the pandemic that the whole world is facing. Therefore, it is the responsibility of the teachers to keep the students on track with their studies. Give them hope and understand their emotions, that trusting God with the aid of Science, all will become better soon. They have to guide the students with positive and helpful ways in dealing with their emotions and intermingle with their classmates even on online platforms. Let them build self-awareness and feel empathy to others to become socially-aware in their future endeavours.
Finally, when the goals of Social Emotional method are achieved, it will create fine citizens who are goal-oriented, decisive and globally competitive and most importantly, they will live with compassion to the people around them.

References:

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