Social and Emotional Learning (SEL)
Social and Emotional Learning (SEL) builds the **skills, knowledge, and attitudes** that both students and adults need to be successful in school, work, and life. They include things such as knowing and controlling your emotions, teamwork, understanding others, making positive choices, and resilience.

Core SEL Competencies
The Collaborative for Academic, Social, and Emotional Learning (CASEL) has identified five key SEL competencies:

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision-Making

To successfully implement opportunities for SEL skill development, it requires ongoing support and collaboration at the classroom, school, and home/community levels.

Our Vision: What We Hope to Achieve
A city where children and adults are prepared with the social and emotional skills to lead healthy, productive lives.

Our Mission: What We’re Focused On
To foster collaborative communities that promote social and emotional development through in-school and out-of-school programs.
The Dallas ISD Approach to Social and Emotional Learning (SEL)

### Our Work: Student Engagement and Counseling Services

Our department currently partners with 120 schools to provide SEL implementation support with the long-term expectation that all 240 Dallas ISD schools will shape their school climate and culture practices around SEL. Our department has identified four guiding principles for shaping our SEL approach and relevant practices to bring SEL into every learning environment.

### Guiding Principles

- **Relationships**
  - Are Key to Our Success

- **Environment**
  - Enhances the Learning Experience

- **Resilience**
  - Empowers You to Meet Your Goals

- **Engagement**
  - Drives Your Learning Experience

### Example Practices and Tools

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**Student Engagement and Counseling Services Department**

Dr. H.B. Bell School Support Services Center (Suites #606 & #808)

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