

Mechanisms of Social and Emotional Learning

Social and Emotional Learning (SEL) is an effective strategy for promoting children's and young people's good learning, health, and well-being outcomes. Nonetheless, there is disagreement in the area on the most important abilities and skills, their names, and the best ways to promote and assess them in various international contexts. The mechanisms that underpin successful SEL and enhance social and emotional competencies like self-control, communication, assertiveness, empathy, negotiation, self-confidence and self-esteem.

The mechanism followed by our Institution for social and emotional learning.

- Improving Teachers' Knowledge and Behaviour in SEL: Teachers are essential in SEL, Students win when teachers grasp SEL ideas more deeply, feel more comfortable applying them, and set an example of positive social and emotional behaviour.
- Using a Whole-Class Method: When SEL interventions are used in the classroom, all students gain from them jointly. Teachers can meet the social and emotional needs of the whole class by fostering a supportive learning environment.
- Strengthening Student–Teacher Relationships: Teachers regularly interact with students to understand their emotional needs, provide guidance, and build trust. Strong relationships encourage students to seek help and stay motivated.



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