

## Nevada Statewide Social and Emotional Competencies



### Goal

Nevada Department of Education, Office of Safe and Respectful Learning Environments aims to adopt high quality statewide prek-12 social and emotional learning competencies by building from the strengths and experiences of Washoe County School District and other districts who have adopted SEL competencies.

### What is SEL?

Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions ([link to Collaborative for Academic, Social and Emotional Learning](#)).

### Why is SEL important for Nevada's Students?

1) According to a meta-analysis performed by of 213 studies involving more than 270,000 students, those who participated in evidence-based SEL programs showed an 11 percentile-point gain in academic achievement compared to students who did not participate in SEL programs. Students participating in SEL programs also showed improved classroom behavior, an increased ability to manage stress and depression, and better attitudes about themselves, others, and school ([Link to Collaborative for Academic, Social and Emotional Learning](#)).

2) According to a 2015 by the American Enterprise Institute and the Brookings Institution, SEL competencies are critically important for the long-term success of all students in today's economy. The report recommends: (1) scale evidence-based SEL practices and policies; (2) implement high-quality state SEL standards, preschool through high school; and (3) establish SEL centers of excellence.

3) A 2015 national [study](#) published in the *American Journal of Public Health* concluded that early prosocial skills decreased the likelihood of living in or being on a waiting list for public housing, receiving public assistance, having any involvement with police before adulthood, and ever spending time in a detention facility.

4) SEL provides students with many of the skills employers consider critical to success on the job. Of the 16 skills identified in a World Economic Forum report as important for the 21st century—including foundational literacies, competency in approaching challenges, and character qualities—12 are social and emotional skills. Children need to learn social and emotional skills if they are to thrive in the workplace of the future.

5) A 2015 [study](#) by researchers at Columbia University found an average benefit-cost ratio of about 11 to 1 among the six evidence-based SEL interventions studied. This means that, on average, for every \$1 invested in SEL programming, there is a return of \$11.



**NDE is considering the following competencies for statewide option.**

**Self-Awareness:** Knowing what we are feeling in the moment: having a realistic assessment of our own abilities and a well-grounded sense of self-confidence.

*Develop self-awareness competencies to:*

- 1) identify one's emotions,
- 2) maintain an accurate and positive self-concept,
- 3) recognize individual strengths,
- 4) experience a sense of self-efficacy.

**Self-Management:** Handling our emotions so they facilitate rather than interfere with the task at hand: being conscientious and delaying gratification to pursue goals: persevering in the face of setbacks and frustrations.

*Develop self-management competencies to:*

- 1) regulate emotions
- 2) manage stress
- 3) monitor and achieve behaviors related to school and life success.

**Social Awareness:** Understanding what others are feeling: being able to take their perspective; appreciating and interacting positively with diverse groups.

*Develop social awareness competencies to:*

- 1) exhibit empathy
- 2) appreciate diversity

3) understand social and ethical norms for behavior, and 4) recognize family, school, and community supports.

**Relational Skills:** handling emotions in relationships effectively: establishing and maintaining healthy and rewarding relationships based on solutions to conflict, and seeking help when needed.

*Develop relationship competencies to:*

- 1) build and maintain relationships with diverse groups and individuals,
- 2) communicate clearly to express needs and resolve conflict.

**Responsible Decision Making:** avoiding risky behaviors, dealing honestly and fairly with others; an ability to make decisions and solve problems on the basis of accurately defining decisions to be made and anticipating the consequences of each—learning from one's decision making.

*Develop responsible decision making skills to:*

- 1) problem solve effectively
- 2) maintain accountable behaviors in school, personal, and community contexts.