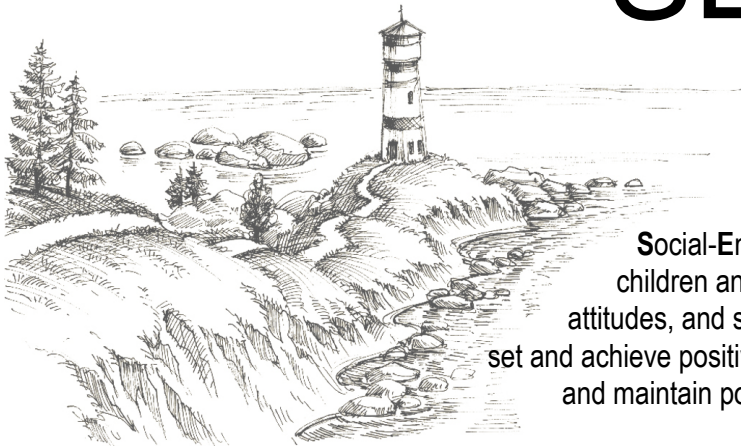


# SEL at Meigs



## What is SEL (Social-Emotional Learning)?

Social-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.

## Why is SEL important?

Students exposed to SEL in school tend to do better than their peers on a number of indicators: positive social behaviors and attitudes, skills such as empathy and teamwork, and academics. Additionally, they have fewer conduct problems, less emotional distress, and lower drug use, among many other benefits.

213 studies involving more than 270,000 students showed an 11 percentile-point gain in academic achievement compared to students who did not participate in SEL programs. These students also showed improved classroom behavior, an increased ability to manage stress and depression, and better attitudes about themselves, others, and school.

CASEL - Educating Hearts, Inspiring Minds

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## The Cavalier Code

### **Be Impeccable with Your Word**

*Say only what you mean. Avoid speaking against yourself or gossiping about others.*

### **Don't Take Anything Personally**

*When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.*

### **Don't Make Assumptions**

*Communicate with others as clearly as you can to avoid sadness, misunderstandings, and drama.*

### **Always Do Your Best**

*Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.*

Based on *The Four Agreements* (Ruiz)

Visit our SEL at Meigs website

[selatmeigs.weebly.com](http://selatmeigs.weebly.com)