Social and Emotional Skills: What Education Leaders Need to Know

Nancy Guerra

Professor, University of Delaware
nguerra@udel.edu

(http://www.worldbank.org/en/events/2015/05/28/education-innovations-for-xxi-century-skills#2)
Definition

Social-emotional skills are defined as the learned competencies that help us understand ourselves, help us get along with others, and help us solve important social problems and resolve conflicts.

150+ social-emotional skills were identified based on a meta-analysis of existing studies and reports from around the world.

→ Focused on the skills that were most mentioned, robust, teachable (can be learned), could be practiced, and demanded by employers
PRACTICE Framework

Problem-Solving
Resilience
Achievement Motivation
Confidence
Teamwork
Initiative
Communication
Ethics
Two Modes of Instruction

1. **Direct instruction**: allow students to practice specific social emotional skills (requires curriculum development, teacher training)
   - Mindfulness training has been successful
   - **Peru**: 2-year social emotional learning program for K-11 students (curriculum around 19 specific skills); currently evaluating the program

2. **Integration into existing programs**
   - **Venezuela**: national orchestra; randomized control trial impact evaluation (self-regulation, problem solving, teamwork); found positive impact of national orchestra on social emotional skills attainment
Stages of development for PRACTICE skills

<table>
<thead>
<tr>
<th></th>
<th>Early Childhood (0-5 years old)</th>
<th>Middle Childhood (6-11 years old)</th>
<th>Adolescence (12-18 years old)</th>
<th>Emerging Adulthood (19-29 years old)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Problem-Solving</strong></td>
<td>Foundational</td>
<td>Optimal</td>
<td>Optimal</td>
<td>Reinforce</td>
</tr>
<tr>
<td><strong>Resilience</strong></td>
<td>Optimal</td>
<td>Optimal</td>
<td>Reinforce</td>
<td></td>
</tr>
<tr>
<td><strong>Achievement Motivation</strong></td>
<td></td>
<td>Optimal</td>
<td>Reinforce</td>
<td></td>
</tr>
<tr>
<td><strong>Confidence</strong></td>
<td>Optimal</td>
<td>Optimal</td>
<td>Optimal</td>
<td>Reinforce</td>
</tr>
<tr>
<td><strong>Teamwork</strong></td>
<td>Optimal</td>
<td>Optimal</td>
<td>Reinforce</td>
<td></td>
</tr>
<tr>
<td><strong>Initiative</strong></td>
<td>Optimal</td>
<td>Optimal</td>
<td>Optimal</td>
<td>Optimal</td>
</tr>
<tr>
<td><strong>Communication</strong></td>
<td>Foundational</td>
<td>Optimal</td>
<td>Optimal</td>
<td>Reinforce</td>
</tr>
<tr>
<td><strong>Ethics</strong></td>
<td>Foundational</td>
<td>Optimal</td>
<td>Optimal</td>
<td></td>
</tr>
</tbody>
</table>