

# Social and Emotional Skills: What Education Leaders Need to Know

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# 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

**P**roblem-Solving

**R**esilience

**A**chievement Motivation

**C**onfidence

**T**eamwork

**I**nitiative

**C**ommunication

**E**thics

# 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

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