

Social Emotional Learning and the Brain: The Importance of SEL for Success in School, Work, and Life



Social-Emotional Learning and the Brain: Strategies to Help Your Students Thrive by Marilee Sprenger

★★★★☆ 4.7 out of 5

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Social emotional learning (SEL) is the ability to understand and manage our emotions, build relationships, and make responsible decisions. SEL is essential for success in school, work, and life.

Research shows that SEL can help children and adults alike to:

- Improve academic achievement
- Reduce behavioral problems
- Increase social competence
- Promote mental health
- Prepare for success in the workplace

The brain plays a crucial role in SEL. The prefrontal cortex, which is located behind the forehead, is responsible for executive functions such as planning, problem-solving, and decision-making. The amygdala, which is located in the center of the brain, is responsible for processing emotions. The hippocampus, which is located on the side of the brain, is responsible for memory.

When we experience emotions, the amygdala sends signals to the prefrontal cortex and the hippocampus. The prefrontal cortex then helps us to understand and manage our emotions, while the hippocampus helps us to remember our emotional experiences.

SEL can help to strengthen the connections between the prefrontal cortex, the amygdala, and the hippocampus. This can help us to better understand and manage our emotions, build relationships, and make responsible decisions.

There are many things that we can do to promote SEL in ourselves and our children. Some of these things include:

- Talking about emotions
- Practicing empathy
- Resolving conflicts peacefully
- Setting goals and working towards them
- Making responsible decisions

SEL is a lifelong journey. It is something that we can all learn and improve upon. By investing in SEL, we can improve our lives and the lives of those

around us.

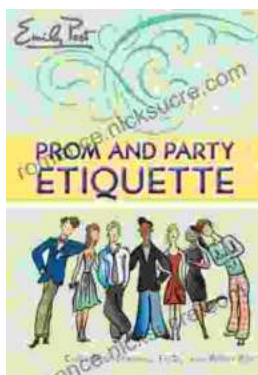
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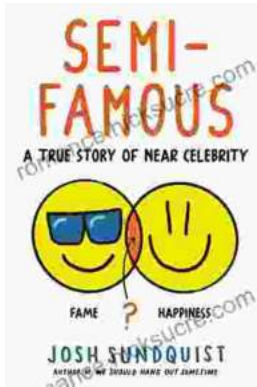
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