

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 (CASEL, 2011).
- ▶ **SEL** competencies that are important for student success include:
 - Self-Awareness
 - Self-Management
 - Responsible Decision-Making
 - Social Awareness
 - Social Relationships

How can schools support students' SEL?

- ▶ **SEL programming fosters students' social-emotional development** through establishing safe, caring learning environments involving peer and family initiatives, improving classroom management and teaching practices, and whole-school community building activities,
- ▶ **The CASEL recommends that schools promote SEL through comprehensive, systemic school wide approaches to SEL.** This approach is consistent with a multi-tiered system of support framework. Schools may choose from a variety of strategies, including building positive behavioral interventions and supports, direct instruction in social and emotional skills, classroom routines and structures which build community, or a combination of these approaches.

How does SEL instruction influence student outcomes?

- ▶ Students' development of strong SEL skills increases the likelihood of academic & behavioral success throughout their education.
- ▶ These competencies are believed to provide a foundation for improved student adjustment and academic performance resulting in an increase in positive social behaviors, fewer conduct problems, less emotional distress, improved test scores and grades.
- ▶ SEL programming has also been shown to positively impact student college and career trajectories

How does the BIMAS₂ measure SEL?

- ▶ How is SEL measured? Research reviews have examined the impact of SEL programming across an array of student outcomes including: academic performance, antisocial and aggressive behavior, depressive symptoms, drug use, mental health problem behaviors, and positive youth development.
- ▶ Specifically, the BIMAS₂ measures these common outcomes as follows:

BIMAS-2 Composites	SEL Outcome Assessed
Concern Scales	Concerns Assessed
Conduct	Anti-social/aggressive behaviors, drug use, mental health problems
Negative Affect	Depressive/ anxious symptoms, suicidal thoughts, mental health problems
Cognitive/Attention	Inattention, atypical thought, mental health problems
Adaptive Scales	Adaptive Behaviors Assessed
Social/Communication	Sharing, expressing one's self, friendship, positive youth development
Academic Functioning	Academic development, responsibility, organization/planning, positive youth development

How does the BIMAS₂ assess student outcomes across important settings?

The BIMAS₂ has developed measurement forms to collect data across settings from multiple informants. The BIMAS₂ Standard has forms available for teachers, parents, clinicians, and a self-version for students 12 and over. The BIMAS flex can be used to customize assessments with any of these raters at any age to track the development of key social competencies and/or important developmental outcomes.



**Behavior
Intervention
Monitoring
Assessment
System 2**