



WHAT THE RESEARCH SAYS

Integration of SEL and Academic Instruction

When social and emotional learning (SEL) and academic instruction are integrated, SEL objectives and practices are embedded into core content and teaching strategies. This is **one of the 10 indicators of schoolwide SEL**, which outline what high-quality SEL looks like when part of students' daily educational experiences. **Read our full [research snapshot](#) to learn more.**

WHAT DOES IT LOOK LIKE?



Service Learning

Students apply what they learn in class to real-world issues and help their communities.



Cooperative Learning Models

Students work together in groups to solve problems, share ideas, and/or help each other learn.



Evidence-Based Curricula

Teachers use a curriculum that combines a core subject, such as science, with SEL.

WHY DOES IT MATTER?

Motivation

SEL strategies like cooperation and teamwork motivate students to learn more than teacher lectures.

Academic Achievement

When SEL and academics integrate, students have higher reading comprehension, math skills, and science scores. In fact, research found that one cooperative learning model **improved 11th grade math skills by 92 percent!**

Social and Emotional Skills

It also leads to growth in self-awareness, self-management, social awareness, responsible decision-making, and relationship skills.