

All Learning Is Social and Emotional: Helping Students Develop Essential Skills for the Classroom and Beyond

with Nancy Frey

While social and emotional learning (SEL) is most familiar as compartmentalized programs separate from academics, the truth is, all learning is social and emotional.

If you teach kids rather than standards, and if you want all kids to get what they need to thrive, Nancy Frey offers a solution: a comprehensive, five-part model of SEL that's easy to integrate into everyday content instruction, no matter what subject or grade level you teach. You'll learn the hows and whys of

- Building students' sense of identity and confidence in their ability to learn, overcome challenge, and influence the world around them.
- Helping students identify, describe, and regulate their emotional responses.
- Promoting the cognitive regulation skills critical to decision making and problem solving.
- Fostering students' social skills, including teamwork and sharing, and their ability to establish and repair relationships.
- Equipping students to becoming informed and involved citizens.

Along with a toolbox of strategies for addressing 33 essential competencies, you'll find real-life examples highlighting the many opportunities for social and emotional learning within the K–12 academic curriculum. Learn to use this Integrated SEL approach to help your students build essential skills that will serve them in the classroom and throughout their lives.

April 23, 2020



Nancy Frey is a professor of educational leadership at San Diego State University. ... She is a recipient of the Christa McAuliffe Award for Excellence in Teacher Education from the American Association of State Colleges and Universities and the Early Career Award from the Literacy Research Association.

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