

## THE SIGNIFICANT IMPORTANCE OF SOCIAL EMOTIONAL LEARNING (SEL) IN STUDENT SUCCESS

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**Annotasiya:** Maqolada talabalar muvaffaqiyatida ijtimoiy va hissiy ta'limning muhim ahamiyati, shuningdek, uning sinfda va undan tashqarida foydalari ko'rsatilgan.

**Kalit so'zlar:** ijtimoiy va hissiy ta'lim, hissiyot, sinf, rivojlanish, muvaffaqiyat, o'z-o'zini anglash, ijtimoiy nuqtai nazar.

**Аннотация:** В статье описывается значительная важность социального и эмоционального обучения для успеха учащихся, а также его преимущества как в классе, так и вне его.

**Ключевые слова:** социальное и эмоциональное обучение, класс, студент, развитие, преуспевание, самосознание, социальная перспектива.

**Abstract:** The article demonstrates the significant importance of social and emotional learning in student success, as well as its benefits both in and out of the classroom.

**Key words:** SEL, emotions, classroom, student, development, success, self-awareness, social perspective.

### Introduction

Educational institutions are on the way of preparing students for the future and Social Emotional Learning (SEL) is considered as one of the important subjects as any math or science lesson. Social emotional learning methodology (SEL) aims to help students of all ages to better comprehend their thoughts and emotions and to feel those emotions fully in order to develop more empathy for others within their community and the world around them. The keystone in teaching social-emotional learning skills in the classroom is setting positive goals and making good decisions. SEL is known as a “non-cognitive skills,” “interpersonal skills,” “soft skills,” “21st century skills,” “character strengths,” and “whole child development.”

Implementing SEL into the classroom helps students make positive, responsible decisions; create frameworks to achieve their goals, and build positive relationships with others. As teachers support their students to develop these qualities, students become better, more productive, self-aware, and socially-aware citizens outside of the classroom in the years ahead.

### **Literature Review**

Among scientists of SEL major works were done by James Comer in the 1960s. He was the first person who expanded this theory exponentially after Greek researchers. In his academic writing he centered on how “the contrast between a child's experiences at home and those in school deeply affects the child's psychosocial development and that this in turn shapes academic achievement.”

Aspen Institute reports that supporting students’ social, emotional, and cognitive development relates positively to traditional measures like attendance, grades, test scores, graduation rates, college and career readiness, and overall well-being.

As it reported that the Gallup 2018 Survey of K-12 School District Superintendents found that support for “social and life skills such as conflict resolution, interpersonal communications, and persistence” would be more helpful than any other support, more than twice as helpful as “financial assistance such as scholarships and loans,” and more than three times as helpful as “college preparation such as college exam test prep, college visits and application assistance.”

### **Research Methodology**

While using Social Emotional Learning (SEL) methods, we have selected several information for our research. Current research is regarded as exploratory research and it intends to explore the main aspects of SEL in student personal development and success including:

- How to solve problems and overcome challenges
- How to manage their emotions when they aren't getting their way
- How to treat others
- How to control impulses control
- How to achieve their goals and become successful

Besides their home, students spend most of their development time at school, and educational institutions should capitalize on that time by implementing Social Emotional Learning in the classroom.

### **Analysis and Results**

During the studying the SEL methodology we have researched that Social Emotional Learning in the classroom has a positive impact on a wide range of outcomes, including academic performance, healthy relationships, mental wellness, and more. Teachers work SEL-related

lessons into more formal subjects, like math, history, or reading. Teachers can also work with students to set goals in areas where they may need improvement and help chart their progress, giving them a measurable way to show their achievement and feel a sense of accomplishment.

### **Conclusion**

Implementing Social Emotional Learning (SEL) into the classroom means that students start learning to be socially and emotionally intelligent by breaking down various attitudes and behaviors. As students able to identify their own emotions, recognize their own strengths and weaknesses, control impulses, set goals, motivate their selves, organize their thoughts and tasks, have confidence, be empathetic and kind, respect others, understand that others have belief systems that may differ from their own, build healthy relationships, communicate clearly, accept diversity, cooperate with others, resolve conflicts, identify and solve problems with the help of Social Emotional Learning, students of all ages achieve success not only in educational spheres, but also they obtain their goals in life.

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