

Research on social and emotional learning (SEL)

Listed below are a variety of recent research into social and emotional learning that hopefully will be of interest to you.

Contact Richard Wisnesky at Community and Public Health for more details on this information sheet (richard.wisnesky@cdhb.health.nz or 03 364 1777).

What makes us healthy? An introduction to the social determinants of health (2018)

[The Health Foundation \(UK\) has written this guide as a brief introduction to the social determinants of health.](#) It explains how a person's opportunity for health is influenced by factors outside the health and social care system. It also shows that many people don't have the same opportunities to be as healthy as others.

Extract: Why is good health important?

"[Health is] not just the physical wellbeing of an individual but also the social, emotional and cultural wellbeing of the whole community, in which each individual is able to achieve their full potential as a human being, thereby bringing about the total wellbeing of their community."

[The economic value of social and emotional learning \(2015 Revised\)](#)

The Center for Benefit-Cost Studies in Education at Columbia University produced this report using the benefit-cost analysis methodology to gain a perspective on the potential economic returns from investments in social and emotional learning in education.

Research related to supporting social and emotional learning in schools

[What works in promoting social and emotional well-being and responding to mental health problems in schools? Advice for Schools and Framework Document](#) (2015)

This 'advice' from Professor Katherine Weare based on research conducted in England is worth reading first.

[The 2013 CASEL Guide: Effective Social and Emotional Learning Programs—Preschool and Elementary School Edition](#)

This document provides a systematic framework for evaluating the quality of classroom-based SEL programs.

[Navigating SEL From the Inside Out](#) (2017)

Extract: Preface

The field of social and emotional learning is rapidly expanding. SEL has emerged as an umbrella term for a number of concepts in the past decade, including non-cognitive development, character education, 21st century skills, and trauma-informed learning, among others.

[Pastoral care and pastoral care teams: a review to inform policy and practice in schools](#) (2018)

This review by Community and Public Health focuses on identifying recommended models and useful guidance for schools on the following to inform the development of policy and practice:

- establishing and maintaining pastoral care teams; and
- the provision of pastoral care.