

Your Question:

Generally, you asked about research linking social emotional learning with academic performance.

Our Response:

In our research review, we found that while many studies document the benefits of social emotional learning and link interventions to future success, results of rigorous academic research can vary between programs and specific outcomes measured. Below are some key research studies on the impact of social emotional learning interventions on student outcomes.

Research on Social-Emotional Learning and Student Outcomes

[The Impact of Enhancing Students' Social and Emotional Learning: A Meta-Analysis of School-Based Universal Interventions](#) (Child Development, 2011)

Through an analysis of 213 school-based, universal social and emotional learning programs, researchers found social and emotional learning program participants demonstrated significantly improved social and emotional skills, attitudes, behavior and academic performance that **reflected an 11-percentile-point gain in achievement**. They also conclude that school teachers and staff implemented these social and emotional learning programs effectively using four recommended practices associated with skill development: **sequenced, active, focused and explicit (SAFE)**.

[Promoting Positive Youth Development Through School-Based Social and Emotional Learning Interventions: A Meta-Analysis of Follow-Up Effects](#) (Child Development, 2017)

By collecting follow-up information from 6 months to 18 years after participation, researchers found enhanced social and emotional skills, attitudes and indicators of wellbeing in those who participated in universal social and emotional learning interventions compared to those who did not. Significant positive effects of these interventions were found in seven outcomes categories – **including greater academic performance, fewer conduct problems and fewer instances of drug use**. However, **other follow-up outcomes measured**, such as greater attendance and income, **were not significantly impacted by the interventions**.

[The Economic Value of Social and Emotional Learning](#) (Columbia University, 2015)

Through a review of six frequently used social and emotional learning interventions, researchers found the measurable benefits of implementing the programs outweighed its costs in each case. Specifically, they found **an \$11 return on each \$1 invested**.

[Efficacy of Schoolwide Programs to Promote Social and Character Development and Reduce Problem Behavior in Elementary School Children](#) (US Department of Education, 2010)

Researchers concluded, through an analysis of seven social and character development programs measuring multiple student outcomes, that the programs **did not have significant effects on student growth outcomes**. There was also a **lack of significant impacts on student perception of school climate**.

Additional data & links

Collaborative for Academic, Social, and Emotional Learning, [Research](#)

Transforming Education, [Resources for Policymakers](#)

[Use of Social Emotional Learning Skills to Predict Future Academic Success and Progress Towards Graduation](#)

(Journal of Education for Students Placed at Risk, 2014)

Through an analysis of 4,797 students from an urban school district, researchers found that high school students classified as performing in the lowest 25 percent of their grade **reported lower social emotional** skills than students in the top 25 percent. Researchers found that the perceived importance of attending college and psychological or physical stress **accounted for a variance in students' cumulative high school GPA**. Finally, the results of the study indicated that students making positive progress towards graduation and those identified as dropping out or failing courses **had noticeable differences on five social emotional learning subscales**.

[Improving Social Emotional Skills in Childhood Enhances Long-Term Well-Being and Economic Outcomes](#)

(Pennsylvania State University & Robert Wood Johnson Foundation, 2017)

This issue brief provides an overview of numerous studies conducted related to social and emotional learning outcomes. Among the findings, they determine research shows that strong social and emotional skills:

- Help students do better in schools.
- Give students a better chance graduate from college and get a well-paying job.
- Support healthy functioning and help people avoid problems.