

6 FAST FACTS

Using Social and Emotional Learning to Improve Employability

1

Social and emotional learning (SEL) focuses on five core competencies: self-awareness, self-management, social awareness, relationship skills, and responsible decision making.

2

SEL competencies are directly linked to employability skills, making them crucial for future career success.

3

Students with strong SEL skills perform better in school and have greater career prospects.

4

SEL competencies closely align with skills associated with self-determination and workplace success.

5

Effective SEL instruction for students with disabilities often includes explicit teaching, self-monitoring strategies, and collaborative goal-setting processes.

6

Integrating SEL principles and practices into daily instruction can enhance students' employability skills.

This fact sheet was developed by the Illinois Center for Transition and Work at the University of Illinois Urbana-Champaign through a contract with the Illinois State Board of Education. Information presented may not reflect the position or policy of the Illinois State Board of Education.

