

# Barge Pushed SEL & CASEL into Georgia Schools



**Under John Barge, SEL & CASEL were promoted in our afterschool programs**

## Afterschool Programs Should Promote Social and Emotional Development

**Social Emotional Learning (SEL)** involves the process in which children and adults acquire and effectively apply the



knowledge, attitude and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. The

**Collaborative for Academic, Social, and Emotional Learning (CASEL)** has identified the following five interrelated sets of cognitive, affective and behavioral competencies:

1. Self-Awareness - The ability to accurately recognize one's emotions and thoughts and their influence on behavior. This includes accurately assessing one's strengths and limitations and possessing a well-grounded sense of confidence and optimism.

2. Self-Management - The ability to regulate one's emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, controlling impulses, motivating oneself, and setting and working towards achieving personal and academic goals.

3. Social Awareness - The ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behavior, and to recognize family, school, and community resources and supports.

4. Relationship Skills - The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. This includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed.

5. Responsible Decision Making - The ability to make constructive and respectful choices about personal behavior and social interactions based on

consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others.

### Social Emotional Learning Resources:

<http://www.edutopia.org/social-emotional-learning>

<http://www.expandinglearning.org/>

Dr. John D. Barge, State School Superintendent  
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**Developed under John Barge**

**Promoted the national CASEL (SEL) standards and framework**

Georgia cannot go back to Barge.

**JOHNBARGE.NET/SEL**