

The Social-Emotional Learning Project

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Project Description

- The Social and Emotional Learning (SEL) Project currently serves two schools, Sacramento Valley Charter and Nicholas Elementary, in delivering SEL skills to improve social and psychological well-being.
- This project aims to provide elementary and middle school children with SEL skills that support them in areas like managing emotions, setting goals, building and maintaining healthy relationships, making responsible decisions, and fostering empathy for others.
- SEL mentors deliver lesson plans, activities, and reflections that address and contextualize the related topics to K-8 students in classrooms.

Experiential Learning Project Highlights

- Every semester, approximately 20-25 college student mentors and two faculty members participate in this program to work with diverse youth.
- Faculty members and SEL mentors work with teachers, administrators, and families to identify areas such as academic performance, bullying, social justice, psychological well-being that may need to be addressed.
- SEL mentors get meaningful experiences bridging academic knowledge and practical experience, developing cultural competency, and using inclusive language.

Promoting Student Success in College and Career

- Drawing on a diverse pool of university students who receive academic credit as part of fieldwork or internship courses on campus, SEL mentors receive training and practice in public speaking, classroom management, and working with diverse youth.
- With the intentional planning of lessons that create safe and inclusive spaces for every K-8 student, SEL mentors collaborate to support and promote the social and psychological well-being of youth.
- These experiences prepare students for careers in related fields (e.g., counseling, school psychology, teaching), many of whom intend to work within the local region after graduation.
- The SEL Project promotes wellness and safety through SEL skill-building for youth and college student mentors alike.



(CASEL, 2020)

Community Impact

- This program provides exposure to critical social and emotional skills to address a number of academic, social, and mental health issues of K-8 students from culturally diverse backgrounds.
- SEL focuses on early prevention of various social and emotional topics to create and support psychologically healthier communities.

Campus Community Impact

- The SEL Project collaborates with community partners, including school administrators and teachers, to develop and implement SEL programs that best serve up to 500 1st-8th grade students from culturally, racially, and socio-economically diverse backgrounds.
- Undergraduate and graduate students gain 60-70 hours of applied internship experience and have meaningful opportunities for greater leadership responsibilities that prepare them for the workforce (Kim-Ju, Knifsend, & Gonzales, 2024).

