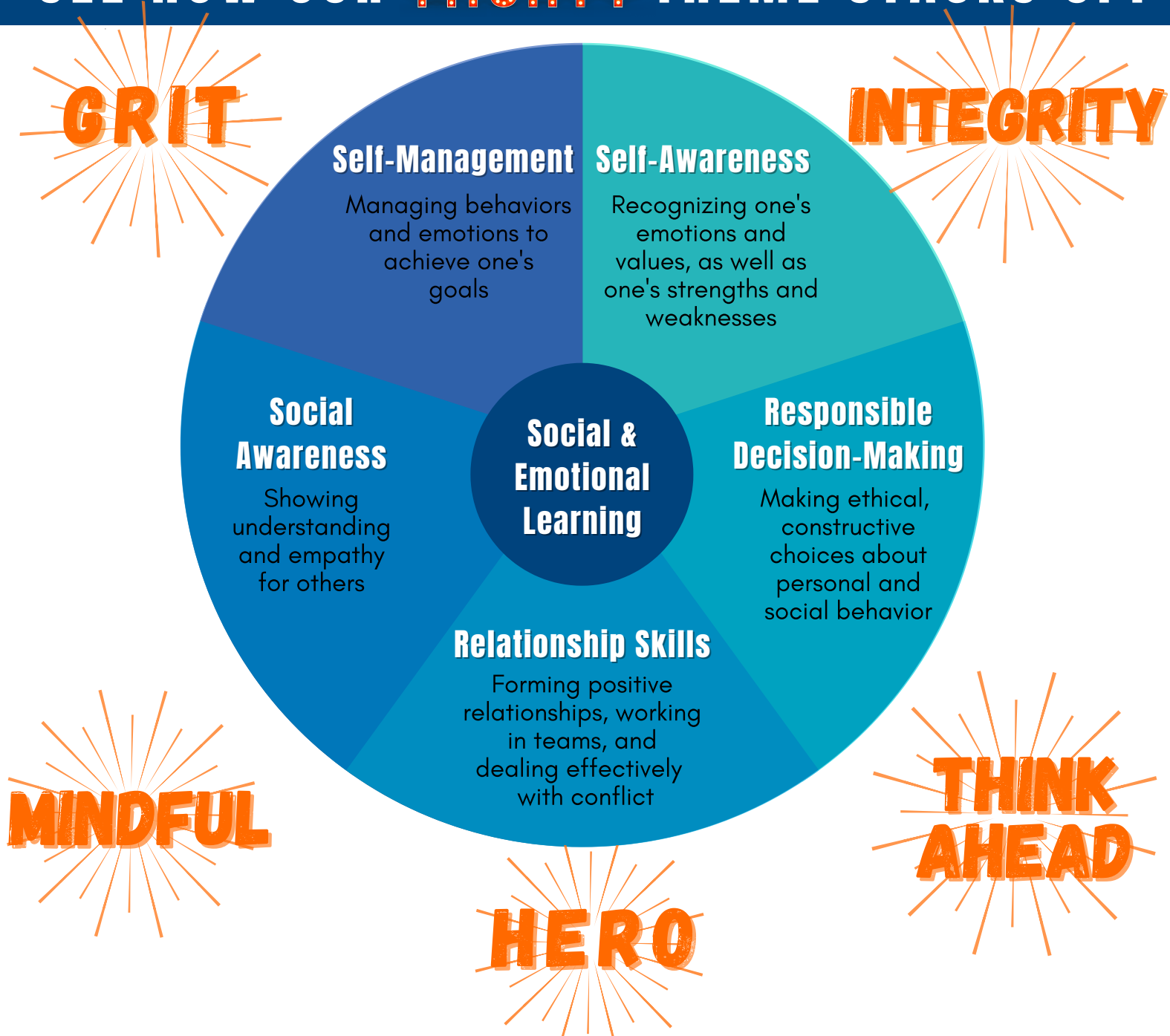# What is Social & Emotional Learning?

Social & Emotional Learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions.

apex leadership co.
building • leaders

SEE HOW OUR MIGHTY THEME STACKS UP!

GRIT

INTEGRITY

Self-Management
Managing behaviors and emotions to achieve one's goals

Self-Awareness
Recognizing one's emotions and values, as well as one's strengths and weaknesses

Social Awareness
Showing understanding and empathy for others

Social & Emotional Learning

Responsible Decision-Making
Making ethical, constructive choices about personal and social behavior

Relationship Skills
Forming positive relationships, working in teams, and dealing effectively with conflict

MINDFUL

THINK AHEAD

HERO

79% of employers say SEL skills are the most important qualities for job success. With Apex you can rest assured because our character education lessons align with the social & emotional learning principles, helping children thrive.

building tomorrow's leaders today!