SUMMARY

# 2013 CASEL GUIDE

## Effective Social and Emotional Learning Programs

Preschool and Elementary School Edition

Based on more than a year of extensive research and analysis, the *CASEL Guide* identifies 23 school-based programs that successfully promote students' self-control, relationship building, and problem solving, among other social and emotional skills. It is the first review of its kind in nearly a decade.

The *CASEL Guide* focuses on:

- Universal school-based social and emotional learning (SEL) programs intended for *all* students (not those targeting students with special needs or pre-existing challenges); and
- School-based programs that can be delivered by existing school personnel during the regular school day.

Recent research has shown that school-based SEL programs improve students' classroom behavior and reduce conduct problems, such as bullying. They can also help students make significant gains in academic achievement—on average, a gain of 11 percentile points, according to a recent review of 213 studies published in the journal *Child Development*.

The *CASEL Guide* includes detailed, *Consumer Reports*-type descriptions and ratings for each program earning the CASEL SELect designation.

If your district or school is just beginning to explore SEL, the *Guide* will help in your planning and selection of strong, evidence-based programs that serve your students' needs. If you are seeking to deepen SEL practice you have already begun, the *Guide* will help you reflect on and augment your efforts.

In addition to being a resource for educators, the *Guide* also documents the significant advances the SEL field has made in the past decade, establishes new and more rigorous standards for SEL program adoption, and provides suggestions for next steps for SEL research and practice.

To earn the CASEL SELect designation, programs must meet three requirements:

- Be **well-designed** classroom-based programs that systematically promote students' social and emotional competence, provide opportunities for practice, and offer multi-year programming.
- Deliver high-quality **training and other implementation supports,** including initial training and ongoing support to ensure sound implementation.
- Be **evidence-based** with at least one carefully conducted evaluation that documents positive impacts on student behavior and/or academic performance.

CASEL SELect programs comprehensively address five research-based social and emotional competencies:

**Download the *2013 CASEL Guide* at www.casel.org/guide.**

CASEL is the nation's leading organization advancing the teaching of academic, social, and emotional skills. Through research, practice, and policy, we collaborate to ensure that all PreK-12 students have the opportunity to master these skills and become knowledgeable, responsible, caring, and contributing members of society.

The *2013 CASEL Guide* was developed with funding from NoVo Foundation and 1440 Foundation. It is the successor to our landmark 2003 guide, *Safe & Sound,* which has been downloaded more than 100,000 times.

# CASEL SELect Programs

Following are effective SEL programs in preschool and elementary school that received the CASEL SELect designation. Visit **www.casel.org** for the full program ratings and descriptions and for periodic updates, including upcoming reviews of middle and high school programs, which will be released in 2013. To nominate a program for review, please submit information at **www.casel.org/guide** and click "Nominate a Program."

## Preschool

| Program Name | URL |
|---|---|
| Al's Pals | www.wingspanworks.com |
| HighScope Educational Approach for Preschool | www.highscope.org |
| I Can Problem Solve | www.researchpress.com/product/item/4628 |
| The Incredible Years Series | www.incredibleyears.com |
| PATHS | www.channing-bete.com/paths |
| Peaceworks: Peacemaking Skills for Little Kids | www.peaceeducation.org |
| Tools of the Mind | www.toolsofthemind.org |

## Elementary School

| Program Name | URL |
|---|---|
| 4Rs | www.morningsidecenter.org |
| Caring School Community | www.devstu.org |
| Competent Kids, Caring Communities | www.ackerman.org |
| I Can Problem Solve | www.researchpress.com/product/item/4628 |
| The Incredible Years Series | www.incredibleyears.com |
| Michigan Model for Health | www.emc.cmich.edu/mm/default.htm |
| MindUP | www.thehawnfoundation.org/mindup |
| Open Circle | www.open-circle.org |
| PATHS | www.channing-bete.com/paths |
| Positive Action | www.positiveaction.net |
| Raising Healthy Children | www.sdrg.org |
| Resolving Conflict Creatively Program | www.morningsidecenter.org \| www.esrnational.org |
| Responsive Classroom | www.responsiveclassroom.org |
| RULER Approach | www.therulerapproach.org |
| Second Step | www.cfchildren.org/second-step.aspx |
| Social Decision Making/Problem Solving Program | www.ubhcisweb.org/sdm |
| Steps to Respect | www.cfchildren.org/steps-to-respect.aspx |
| Too Good for Violence | www.mendezfoundation.org/toogood |
| Tribes Learning Communities | www.tribes.com |

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