

# Social Emotional Learning for High School Students

## Attending a Community School

Sara Harney • California Lutheran University • May 2021

### The Problem

Social emotional learning (SEL) in the high school setting is not a popular focus in research studies. For this reason, the effects of social emotional learning within high schools needs to be researched. Social emotional learning helps reduce deficiencies in students' self-awareness, self-management, social awareness, relationship skills, responsible decision-making, and future self. Students at Crossroads Community High School have behavioral issues and have not succeed at a traditional high school. These behavioral issues can be caused by a lack of social emotional skills.

### Purpose of the Study

The purpose of this research was to uncover if social emotional learning reduces the number of negative behaviors in students that have been expelled or referred from their home school. This may benefit other schools, teachers, and social emotional curriculum by showing how social emotional learning helps high schoolers that have learning disabilities, behavioral issues, or emotional disabilities.

### Methodology

The design of this research is a quantitative study, which will include teachers, principals, school counselors, paraprofessionals, and school psychologists at a community high school in Ventura County. Participants will answer a series of questions that will be ranked on a Likert scale; with 1 being strongly disagree and 5 being strongly agree. The total number of participants will be 33 adults, consisting of 14 females and 19 males. The criteria the participants need to be considered for inclusion in the study are working at the community school and have contact with the students throughout the school day.

### Results

The results of this study show that the participants believe that social emotional learning at this school has a positive impact on the students. The results showed that the students will participate more in school activities after a few months of being at the school. The counselors that come to campus to help the students incorporate social emotional learning into their weekly lessons.

### Implications

The implications of this study are that students will have fewer negative behaviors after participating in social emotional learning. Research has shown that social emotional learning increases the relationships between students and students as well as students and teachers. Social emotional learning also will increase the student involvement on campus.

