

About Satchel Pulse SEL Screeners

Your school is participating in the Satchel Pulse SEL screener survey to find out more about how we can support your social and emotional growth.

What is Social-Emotional Learning?

Social-emotional learning (SEL) programs help youth and adults learn and apply knowledge, skills, and attitudes to enrich their personal and academic lives. Studies have shown that social-emotional learning programs increase academic performance, attendance, behavior, and post-secondary success.

SEL skills include developing healthy identities, managing emotions, setting and achieving goals, developing empathy for others, establishing and maintaining supportive relationships, collaborating with others, and making responsible and caring decisions.

How does Satchel Pulse work?

Satchel Pulse is an easy-to-use survey with 25 simple questions. Students use the survey to rate their self-awareness, self-management, social awareness, relationship, and responsible decision-making skills.

Student answers help us learn how to best support our students' ongoing development in these five critical skills.

Where can I find more information about Social-Emotional Learning?

National University has a concise description of the skills taught in social and emotional learning programs, as well as links to research and other resources parents can use to be more informed on social and emotional learning.

The National University resources can be found at:

<https://www.nu.edu/resources/social-emotional-learning-sel-why-it-matters-for-educators/>

Is the Satchel Pulse SEL screener a mental health screener?

No. The Satchel Pulse SEL screener is designed to gather feedback on relationship, organizational, goal-setting, decision-making, and teamwork skills--the skills necessary for college and career success.

The Satchel Pulse SEL survey is not designed to identify disorders requiring support from a mental health professional.