

# The Three E's OF SCHOOL SUCCESS

## Connecting Social-Emotional Development and Early Learning

Recent studies have shown that children's emotional development is as important to academic success as cognitive skills—as this emotional development impacts the ability to focus, engage, and interact with teachers and peers. A number of social-emotional skills are involved in children's success in school, but *three key areas* are:



### Effortful Control/Regulation

Effortful control is the ability to regulate disposition, willfully deploy attention, and inhibit or activate behavior as required.



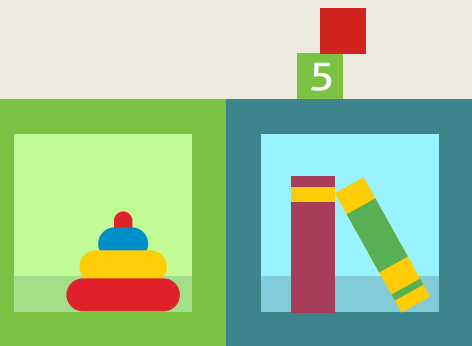
### Emotion Understanding

Emotion understanding involves identifying experienced and expressed emotions in both yourself and others, understanding the causes and consequences of emotions, and recognizing which emotions are appropriate in particular circumstances.



### Emotional Expressivity

Emotional expressivity is reflected in a child's general tendency to express positive or negative emotions. For example, some children seem delighted when exposed to new experiences, whereas others can become frustrated, upset, or fearful.





## Effortful Control/Regulation

The ability to regulate disposition and behavior, as well as deploy attention, is associated with higher scores and an overall better school experience.

### WHAT IT LOOKS LIKE:

#### Instruction

##### HIGH EFFORTFUL CONTROL

- Stays on task for long periods
- Listens and follows instructions

##### LOW EFFORTFUL CONTROL

- Easily distracted
- Can't sit still or follow instructions

#### Emotion

##### HIGH EFFORTFUL CONTROL

- May become upset but finds activities for comfort/distraction

##### LOW EFFORTFUL CONTROL

- Becomes upset and cannot be comforted or distracted

## Implications of Effortful Control in Academics

High effortful control is associated with:

- Higher general academic skills\* and literacy/math skills\*
- Good relationships with teachers and peers
- Fewer behavioral issues
- Better motivation and classroom participation

### Did you know?

*Children with high effortful control tend to report more overall enjoyment of school.*



## Emotion Understanding

An understanding of emotions may be tied to academic success because it provides children with tools to communicate effectively with teachers and peers.



## Implications of Emotion Understanding in Academics

Strong emotional knowledge is associated with:

- High effortful control and regulation skills: Children who understand emotion are more able to regulate it.
- Social competence and positive relationships: Children who understand emotion respond better to others.

### WHAT IT LOOKS LIKE:



#### AGE 1.5 – 2

Able to use emotion labels (*feeling bad, feeling good, etc.*)



#### AGE 2 – 3

Able to recognize and label emotions (*happy, sad, afraid, etc.*)



#### PRESCHOOL

Able to understand and associate contexts with particular emotion (*ex. getting ice cream = happy*)



## Emotional Expressivity

A child's tendency to express positive and/or negative emotions reflects emotional expressivity, which is thought to impact overall engagement in learning tasks.

### Implications of Emotional Expressivity in Academics

Positive emotional expressivity is associated with:

- Stronger relationships with teachers and peers
- Ability to show empathy\*
- Fewer behavioral problems\*

### WHAT IT LOOKS LIKE:



**Positive emotions** can lead to curiosity and the desire to explore.\*



**Negative emotions** can lead to frustration and a tendency to avoid challenging situations.



**\*DOWNLOAD THE WHITE PAPER TO LEARN MORE: [mheonline.com/WoWSEL](http://mheonline.com/WoWSEL)**