

# AT A GLANCE

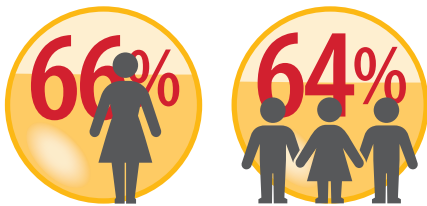
## Get connected

With the prevalence of anxiety, depression, and loneliness increasing among young people, social and emotional well-being is a major priority for teachers and students this year. There are many ways for educators to address these needs, but one stands out in surveys of youth: **communication**.



### SEL is top of mind

Social and emotional needs are the most pressing challenge this year, according to teachers (**66%**) and students (**64%**).<sup>1</sup>



SEL is one of the **top three** topics educators want to learn more about this year.<sup>2</sup>

### On SEL strategies, student and teacher opinions differ

**TEACHERS SAY THE MOST IMPORTANT STRATEGIES ARE:**<sup>1</sup>



Doing regular check-ins with students (**55%**).



Offering sessions with a school counselor, psychologist, or mentor (**46%**).



Offering courses in mindfulness, coping with stress, and self-care (**46%**).

**STUDENTS SAY THE MOST IMPORTANT STRATEGIES ARE:**<sup>1</sup>



Regular communication about plans to close/open schools (**50%**).



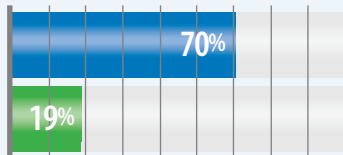
Educators addressing student concerns about preparing to start college or career next fall (**50%**).



Schools offering safe opportunities to socialize with fellow students (**47%**).

### Communication is key

**70%** of students say communication from educators is critical for feeling connected. Only **19%** said online classes help them feel connected.<sup>3</sup>



During remote learning, infrequent teacher-student communication is associated with declines in student motivation:<sup>4</sup>

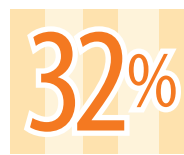


**65%** report a decrease in motivation when teachers communicate with them **less than 1 time** per week.



**55%** report a decrease in motivation when teachers communicate with them **2+ times** per week.

### Room for improvement



Only **32%** of students say their school has done a good job keeping them informed about school decisions during the pandemic.<sup>3</sup>

Almost **1/4** connected with teachers less than 1 time per week in the spring.<sup>4,7</sup>

**FEELINGS OF SCHOOL BELONGING HAVE DECLINED.**<sup>5</sup>



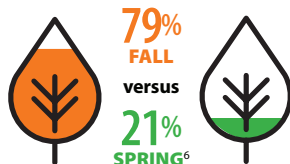
**47%** of students felt a strong sense of belonging at school in **FALL 2019**.



**30%** felt a strong sense of belonging at school in **SPRING 2020**.

### Some good news

Districts plan to hold more live, synchronous instruction than they did in the spring.



**54%** of students say there is an adult from school they can talk to when upset, even during remote learning.<sup>5</sup>

### References

- 1 PDK International. (2020). [bit.ly/3kTOcn3](https://bit.ly/3kTOcn3)
- 2 Learning Forward. (2020). Learning Leaders survey. Unpublished.
- 3 PDK International. (2020). [bit.ly/2FXXQjF](https://bit.ly/2FXXQjF)
- 4 Prichard Committee Student Voice Team. (2020). [bit.ly/2GaxJps](https://bit.ly/2GaxJps)
- 5 YouthTruth. (2020). [bit.ly/3cCltdn](https://bit.ly/3cCltdn)
- 6 CRPE. (2020). [bit.ly/33alZuL](https://bit.ly/33alZuL)
- 7 Common Sense Media. (2020). [bit.ly/3ieKH2u](https://bit.ly/3ieKH2u)