



Introduction Handout 1a: SEL Truth or Myth

Source: This activity was adapted from the Washington Office of Superintendent of Public Instruction, [*Social and Emotional Learning in Washington Schools: Building Foundations and Strategies*](#). Used with permission.

Directions:

Read each statement about social and emotional learning (SEL). Identify whether the statement is truth or myth and write the response in the “answer” column. Provide a rationale for your answer. Check your answers using Handout 1b.

Statement	Answer	Rationale
1. SEL is synonymous with behavior management.		
2. Children who are developmentally on track also need social and emotional competency development.		
3. After we develop a social and emotional competency, we use it consistently across contexts.		
4. Social and emotional competencies are consistent across cultures.		
5. Social and emotional competencies are only taught in preschool and early elementary.		
6. Social and emotional skills are multifaceted and complex.		

Statement	Answer	Rationale
7. SEL aligns well with a multi-tiered system of support (MTSS).		
8. SEL is focused only on skills that make children better students.		
9. SEL is best for students with disabilities or those who lack social skills.		
10. Choosing an SEL curriculum is the first step in implementing SEL.		
11. SEL should be taught throughout the year.		
12. Family engagement is a key component of SEL.		

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