



Increasing Teacher Wellness & Retention Through Social & Emotional Learning

50%

Nationally, nearly half of all teachers report feeling high levels of daily stress.

30%

Thirty percent of teachers leave the profession within the first five years of teaching.

\$25K

Teacher departure can cost a school district up to \$25,000 per teacher.

Teacher departure is costly and disruptive to students and school staff.¹ Teacher stress and burnout is strongly related to increasing job demands related to student achievement, managing classroom behaviors, and responding to student needs.² Prioritizing teacher wellbeing is an essential part of teacher retention and student support.³ Social and emotional learning (SEL) offers effective solutions to increasing teacher wellness and retention.

Leveraging SEL to Increase Teacher Wellness and Retention:

More supportive school climate

Increase in teacher efficacy and performance

Decrease in student discipline referrals

Decrease in teacher stress and burnout

More supportive school climate: SEL assists in the development of a safe, caring learning environment that benefits teachers and students.⁴ Positive relationships among teachers and between teachers and students increase in schools with school-based SEL.⁵

Increase in teacher efficacy and performance: Studies show teachers who work at school with SEL report higher levels of efficacy⁶ and students increase their academic performance.⁷

Decrease in student discipline referrals: SEL helps reduce stress and behavioral health concerns in both students and adults resulting in better classroom management and fewer discipline referrals.⁴

Decrease in teacher stress and burnout : SEL builds stress management skills in teachers which can contribute to overall stress reduction.⁵ Teachers who work in schools that implement school-wide SEL report lower levels of job-related burnout.⁶