Impacts on Social-Emotional Learnin

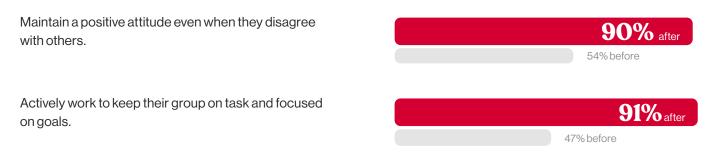
Mikva Challenge programs develop young people to be informed, empowered and active citizens and community leaders – but by engaging in Mikva programs, youth also develop valuable intrapersonal and interpersonal skills to succeed in all aspects of life.

Leading researchers in effective social-emotional learning (SEL) have established five key SEL competency areas. Mikva alumni demonstrate growth in each of these areas.

1. Self-Awareness | knowing your strengths and limitations

When approaching a problem think about how the knowledge and skills they already have can help them solve it. 46% before
Are confident in their public speaking skills. 72% after 25% before

2. Self-Management | ability to stay in control and persevere through challenges

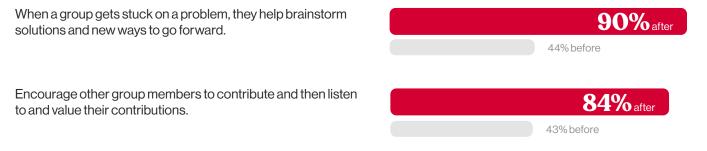


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3. Social Awareness | understanding and empathizing with others



4. Relationship Skills | ability to work in teams and resolve conflicts



5. Responsible Decision-Making | making ethical and safe choices

Can evaluate the pros and cons of different strategies to solve a problem, think ahead of time about difficulties that might come up along the way, and decide which strategy is the best to work towards their goal.

Are committed to staying involved in community issues in the future.



46% before

42% before

79% after

