Impacts on Social-Emotional Learning

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.

Are confident in their public speaking skills.

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

Maintain a positive attitude even when they disagree with others.

Actively work to keep their group on task and focused on goals.
3. Social Awareness | understanding and empathizing with others

Understand how another person’s perspective can influence their arguments. 86% after 51% before

Can identify individuals or groups who can help them with a problem. 84% after 44% before

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

When a group gets stuck on a problem, they help brainstorm solutions and new ways to go forward. 90% after 44% before

Encourage other group members to contribute and then listen to and value their contributions. 84% after 43% before

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. 79% after 42% before

Are committed to staying involved in community issues in the future. 89% after 46% before