

Virginia R. Jones, Ph.D., & Daniel L. Trent, Ph.D.



#### RESEARCH PROBLEM:

Did early college students equate their social emotional skills with their academic achievement in college?

RQ1: Is there a relationship between students' SEL self-reports and their university academic standing?

RQ2: Do students accurately assess their SEL levels when self-reporting?

## 2 HBCU SCHOOLS

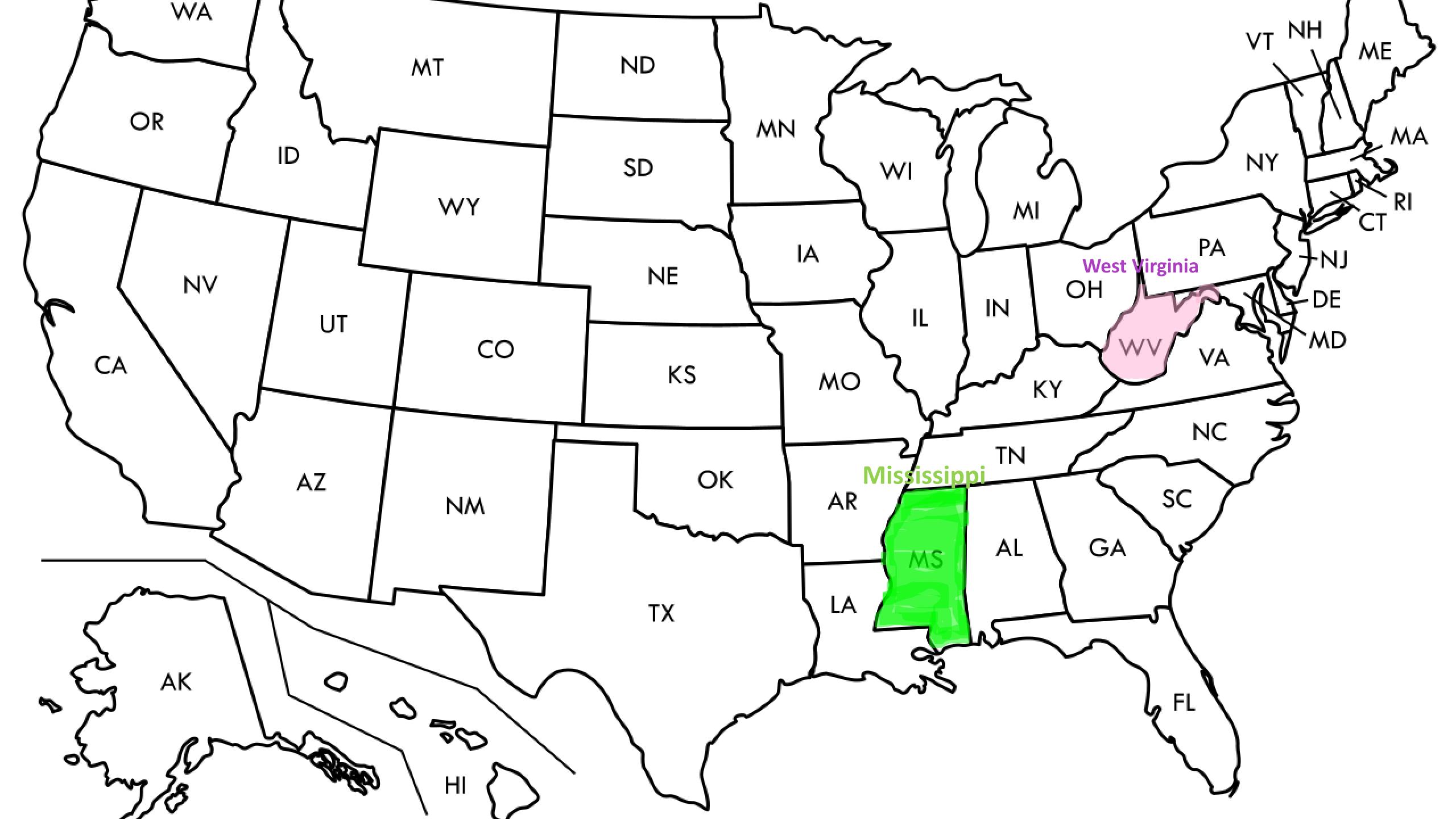
(Historically Black Colleges & Universities)

Mississippi Valley State University, Itta Bena, MS, USA

Bluefield State University, Bluefield, West Virginia, USA







## SEL (SOCIAL-EMOTIONAL LEARNING) SKILLS ARE:

- ones' abilities to regulate thoughts, emotions, and behaviours.
- shaped by many facets of one's life such as families, peers, educational settings, life events, and individual actions (OECD, 2021)
- Predictors of students' achievement as they depend on social-emotional factors and executive control...and which aspect of their identity is salient to them in the current social-emotional context (Immordino-Yang).

#### SEL SKILLS CONTINUED

- A positive relationship with teamwork, skills, team harmony, effectiveness and performance" for the student (Yekinni & Ogbuanya, 2022)
- Included in engineering habits of mind, habits students should develop, including communication, creativity, collaboration, and ethical consideration (Grubbs, et al., 2018)
- Related to students who had high expectations for further education as these are based on how their portrayal of social and emotional skills (OCED, 2021)

RELATED CONCEPT: BTAE theory: Better than Average effect theory is a strong consideration in this research as it supports that self-ranking has inherent bias of self-enhancement especially in social comparisons (Brown, 2012).

### SEL FOCUS FOR STUDY

- I. self-awareness recognizing emotions, strengths, and limitations.\
- II. self-management regulating emotions, thoughts, and behaviours.
- III. social awareness understanding and empathising with others.
- IV. relationship skills developing and maintaining relationships, communication, cooperation, and conflict resolution.
- V. responsible decision making constructive choices based on ethical considerations, social norms, and personal values (SSIS CoLab, 2020).

### METHODOLOGY

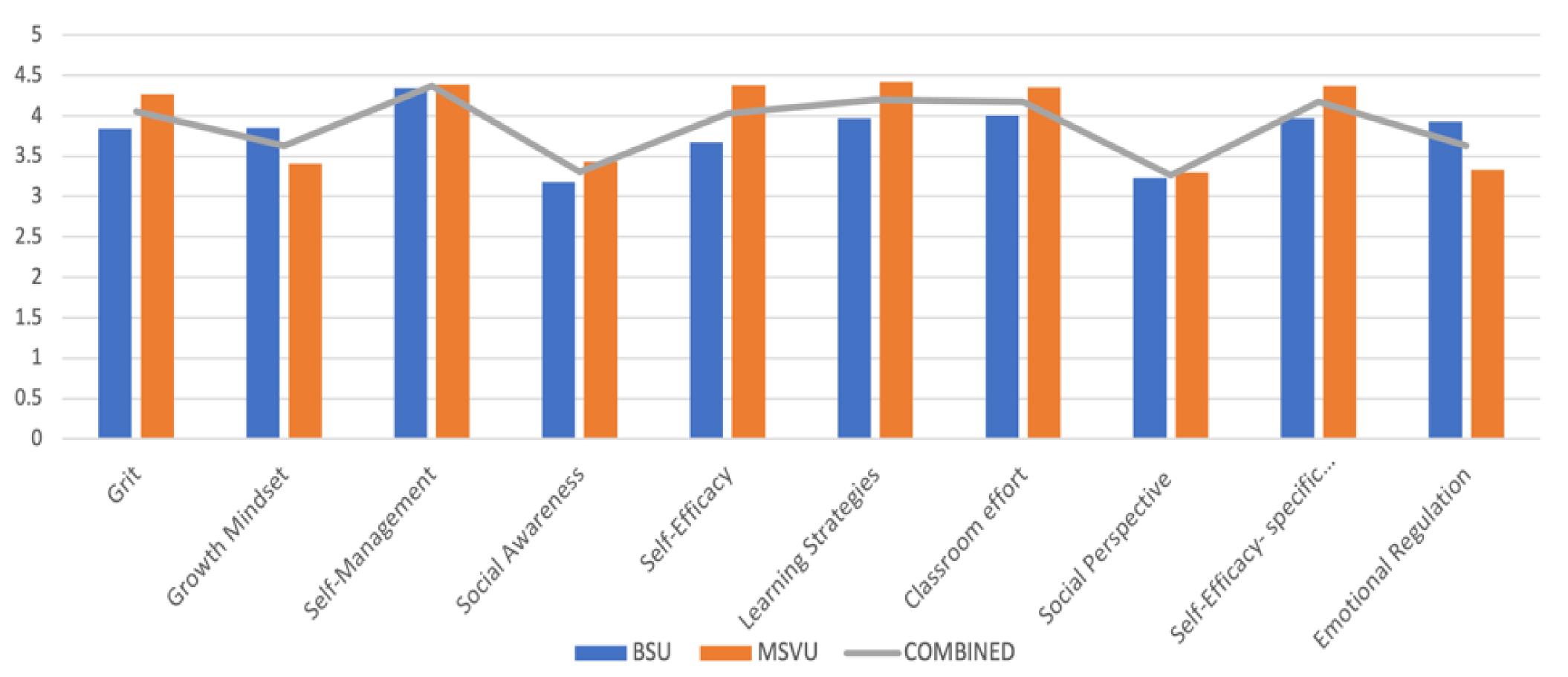
- Free survey from Panorama Education
- Designed for grades 3-5 and 6-12.
- Measured
  - Grit
  - Growth Mindset
  - Social Awareness
  - Self-efficacy
  - Learning Strategies
  - Classroom effort
  - Social Perspective-taking
  - Self-efficacy about specific subject (related to Technology Education
  - Emotion regulation (Panorama, n.d, p. 6)

# FINDINGS: PARTICIPATION

University	Total participants	Male	Female
Bluefield State University	15	12	3
Mississippi Valley State University	9	7	2

# OVERALL MEAN SCORES FOR EACH CATEGORY AND COMBINED AVERAGE





## BREAKDOWN BY UNIVERSITY — BLUEFIELD STATE

Highest Ranking	Middle Ranking (< 4.00)	Lowest Ranking
Self-management 4.34	Grit 3.84	Social awareness 3.18
Effort 4.00	Self-efficacy about specific subject 3.93	Social perspective taking 3.22
	Growth mindset 3.85	
	Learning Strategies 3.97	
	Emotional regulation 3.93	
Scale is 1-5 for each category		

# BREAKDOWN BY UNIVERSITY — MISSISSIPPI VALLEY STATE UNIVERSITY

Highest Ranking	Middle Ranking (< 4.00)	Lowest Ranking	
Learning strategies 4.42		Growth mindset 3.41	
Grit 4.27		Social awareness 3.43	
Self management 4.38		Social perspective taking 3.30	
Classroom effort 4.35		Emotional regulation 3.33	
Self-efficacy about specific subject 4.37			
Scale is 1-5 for each category			

#### DISCUSSION

- Students' self-rankings were overstated based on course and overall grade averages.
- From the limited sample, it appears students with lowers overall GPA scores overstated views of their SEL skills. Also, higher performing students (based on GPA) may under-report these skills.
- Based on overestimated rankings, it can be hypothesized that some lack the ability accurately assess their ability to perform academic tasks and succeed in coursework.
- Findings are consistent with research, even with limited sample, that self-reported SEL skills are fraught with inaccuracies
- The BTAE theory accounts for discrepancies in this research vs. the actual academic performance of the students.

### RECOMMENDATIONS FOR FUTURE STUDIES

- Larger, more diverse sample size to determine if there is a correlation between students SEL skills and their overall college GPA.
- Review survey for possible revisions to more accurately assess college level students
- These results do assist educators in understanding the link between SEL and academic performance, as well as students increased social competence.







## CONTACTINFORMATION

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