**The Role of Social and Emotional Learning in Classroom Management**

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**Abstract**

Social and Emotional Learning (SEL) is a transformative educational framework that equips students with essential skills for emotional intelligence, interpersonal relationships, and academic success. This article explores SEL's foundational principles, emphasising its five core competencies—self-awareness, self-management, social awareness, relationship skills, and responsible decision-making—as defined by CASEL. Educators can foster environments that promote empathy, collaboration, and positive behaviour by integrating SEL into classroom management, resulting in enhanced academic and social outcomes. Despite challenges, such as curricular constraints and cultural considerations, SEL's benefits, including improved mental health, resilience, and academic performance, far outweigh these difficulties. The article highlights practical strategies for implementing SEL, such as restorative justice practices, collaborative rule-making, and mindfulness exercises, showcasing SEL's potential to revolutionize education and prepare students for lifelong success.