

Chapter 2

USING TECHNOLOGY FOR TEACHING SOCIAL EMOTIONAL LEARNING

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Social and emotional learning (SEL) is the process through which children, youths, and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. Social and emotional learning gain importance day by day, and the use of technology in teaching these skills is becoming widespread.

CONCEPTUAL FRAMEWORK FOR THE DEFINITION AND SCOPE OF SOCIAL AND EMOTIONAL LEARNING (SEL)

Social and emotional learning is the process of acquiring and effectively applying the knowledge, attitudes, and skills necessary for children and adults to understand and manage emotions, to set and reach goals, To show and feel empathy towards others, to establish and maintain positive relationships (Collaborative for Academic, Social, and Emotional Learning [CASEL], 2018). The SEL approach aims to increase the competencies of individuals in order to reduce risk factors and increase preventive interventions (Durlak et al., 2011).

The concept of social-emotional learning emerged in relation to learning theories such as Multiple Intelligences (1983) and Emotional Intelligence (1995). However, the main starting point of the SEL was in 1994 with the Academic Social Emotional Learning Cooperation Organization (Collaborative for Academic Social Emotional Learning [CASEL]). CASEL is an organization that aims to reveal educational and social changes involving educators, parents, and students, and it carries out pioneering studies for the spread of SEL practices around the world and continues its research and projects in this field. (CASEL, 2013). According to the Multiple Intelligences Theory developed by Gardner (1983), human intelligence has different dimensions. There are commonalities between the social intelligence dimension defined by the communication skills of Multiple

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the individual to cope better with difficulties and to increase academic success. New generations are born into technology, and the use of technology in education has become one of the effective ways to reach today's children. In this respect, it is seen that technology-based applications have started to be used in teaching SEL skills. The number of applications and studies conducted on this subject is limited. However, it is thought that existing applications will be developed, new applications will be created, and the number of studies in this field will increase.

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