AVID resources support students’ social, emotional, and academic development.

**Social and Emotional Learning**

**SELF-AWARENESS**
AVID students perform goal-setting exercises, as well as self-inventories on their learning styles, and self-identify their personal priorities.

**SELF-MANAGEMENT**
Organization—including focused note-taking, information management, time management, and goal setting—is one of the main cornerstones of every AVID classroom.

**SOCIAL AWARENESS**
AVID classes are structured to empower students to advocate on behalf of in navigating and influencing their environment.

**RELATIONSHIP SKILLS**
Students are provided opportunities to develop their skills in order to effectively communicate and collaborate in an array of diverse settings.

**RESPONSIBLE DECISION-MAKING**
Through AVID’s emphasis on inquiry, students can explore issues more deeply in order to take a more thoughtful approach to challenges presented to them.

6 Ways AVID Helps to Improve Social and Emotional Learning at Your School

- Reaching out to parents
- Building relationships with students
- Establishing norms
- Making time for team-building activities
- Taking it schoolwide
- Building student choice into the school day

“I am an AVID scholar that has a classroom family and a blood family.”

5th Grade AVID Scholar
from https://www.avid.org/blog/familia-in-the-classroom