Build SEL competencies and engage readers

Dreambox Reading is proven to improve students' reading achievement while supporting the development of essential social and emotional learning skills.

Through social and emotional learning (SEL), children develop the ability to understand and manage emotions, set and achieve positive goals, feel empathy for others, establish positive relationships, and make responsible decisions. More than two decades of research demonstrates that SEL improves students' academic performance, classroom behavior, ability to manage stress, and attitudes about themselves and school. SEL remains a critical focus for schools and districts, which must decide how best to integrate social-emotional learning into their curriculum.

DreamBox Reading is an adaptive literacy solution that provides students with a personalized learning path. The program improves critical reading skills while simultaneously supporting the development and understanding of essential SEL competencies. As a result, students become more confident readers and engaged, responsible learners and thinkers.

Integration of SEL with DreamBox Reading

DreamBox Reading supports the development of SEL competencies in multiple ways. Students strengthen self-awareness, self-management, and responsible decision-making as they engage with a student-centered learning environment that adapts to meet individual learning needs. The program's extensive content library includes texts that teach and model all of the SEL competencies. Additionally, SEL-based writing prompts provide students with hands-on opportunities to demonstrate their understanding of the core SEL competencies.

Student-centered, adaptive to meet individual learning needs, and built on extensive research on motivation and achievement, the DreamBox Reading program comprehensively supports the development of these competencies, engaging students to be more empathetic, engaged learners. The chart below lists the SEL competencies and identifies the components of DreamBox Reading that support the development of each of these competencies.

DreamBox Reading feature	SEL competency				
	Self-awareness	Self-management	Responsible decision-making	Social awareness	Relationship skills
InSight assessment	✓	✓			
Student dashboard	✓	✓			
Reading Activities	✓	✓	✓	✓	✓
Vocabulary component	✓	✓	✓	✓	✓
Visual skills	✓	✓	✓		
In-class skills instruction	✓	✓	✓	✓	✓
Writing prompts	✓	✓	✓	✓	✓
Teacher resources	✓	✓			

DreamBox Reading features aligned to SEL Development

Program design
The design of DreamBox Reading supports the development of main competencies.

InSight assessment
Students are presented with a motivational inventory that taps into self-awareness of their reading habits and determines their current level of self-management and engagement with text and reading.

Student dashboard
Designed to maximize engagement and communicate goals and progress, the dashboard presents information that promotes student self-awareness of their growth as readers. It also offers self-management opportunities to set goals, take initiative, and remain motivated.

Reading component
Awareness of their likes and interests helps students choose texts for their reading lessons, while self-management techniques and responsible decision-making are required for students to select texts that will engage and advance them toward their reading goals.

Instructional components features
The scaffolds, results screen, orientation videos, and progress tracking in DreamBox Reading help develop students' self-awareness of achievements and challenges as well as encourage self-management of how to improve their reading.

Content and resources
The design of DreamBox Reading supports its content library. Additional resources extend and enhance students' understanding of essential SEL competencies.

Skills instruction
Printable skills sheets and online skills coach tutorials focus students and support their development of all competencies.

Writing prompts
Writing prompts help students stop, consider, and respond through the lenses of self-awareness, social awareness, and responsible decision-making. SEL-based writing prompts provide students with hands-on opportunities to demonstrate their understanding of core competencies.

Teacher resources
Extrinsic motivation – including reflection worksheets, learning logs, and awards – increases student awareness of what engages them as well as encourages students to use self-management techniques that improve their lesson success.

Why social-emotional learning in schools?

Understanding the goals of social-emotional learning initiatives and how K – 12 schools can incorporate SEL into an existing curriculum

The Collaborative for Academic, Social, and Emotional Learning, the leading professional resource for SEL, recommends comprehensive district and school SEL initiatives that incorporate four best-practice approaches:

- Explicit SEL skills instruction
- Teacher instructional practices
- Integration with academic curriculum areas
- Organizational, culture, and climate strategies

DreamBox Reading can support district- and school-level SEL initiatives through its seamless integration into the existing curriculum. As students work within various program components and engage with text from the program's extensive content library, they develop, engage with, and strengthen their knowledge and understanding of the core SEL competencies: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.

Funding for K – 12 SEL initiatives

Several federal funding sources can be allocated toward SEL-related initiatives including:

- ✓ NESSER I, II, III
- ✓ Title I
- ✓ Title II, Part A
- ✓ Title IV, Part A
- ✓ Title IV, Part B

Learn more.
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