

## Why Learning about Self-Management is Important?

Adapted from:

Andrew Miller. (2016) Tools for Student Self-Management. *Edutopia*.  
Transforming Education. Self-Management Toolkit

As educators, we have so many tasks to handle each and every school day. Student absences, assessments, phone calls, meetings, which can pile up on our plates. Classroom management is often considered one of the tasks we need to take on. While this is true to some extent, perhaps we can take some of the classroom management load off the teacher and put it on the students themselves. Management doesn't have to be, nor should it be, something teachers decide or handle on their own. Students should be invited into the process of Self-Managing in the classroom.

Self-management is a key component for all learning whether for academic subjects, other content areas, or skills like playing a musical instrument. Self-management allows students to follow through on plans to complete assignments, study for tests, and stay focused in class. In adults, it is critical to reaching goals related to learning or life, like developing a new professional skill or achieving a goal.

A 2015 national study published in the *American Journal of Public Health* found statistically significant associations between SEL skills in kindergarten and key outcomes for young adults years later in education, employment, criminal activity, substance use, and mental health. The study concluded that early prosocial skills decreased the likelihood of living in or being on a waiting list for public housing, receiving public assistance, having any involvement with police before adulthood, and ever spending time in a detention facility.