

# Analyzing the efficacy of social-emotional education program INSIGHTS Into Children's Temperaments

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## Presentation Description:

This presentation examines the efficacy of the American social-emotional education program INSIGHTS Into Children's Temperaments. It reviews relevant empirical research and evaluates the program's strengths and weaknesses in order to determine whether or not it should be recommended for implementation in Canadian schools.

## Abstract:

Individual differences in temperament have important implications for the social, emotional and academic development of students. This presentation reviews empirical research on the efficacy of the American social-emotional education program *INSIGHTS Into Children's Temperaments*. As an early intervention program, *INSIGHTS* seeks to use temperament-based strategies to support the academic and social competence of K-2 students. A small scope of research on *INSIGHTS*' efficacy suggests that the program may effectively increase academic competence as well as behavioural and attentional control, and that students at risk for negative social and emotional outcomes may benefit the most. However, these promising findings are mediated by concerns regarding their generalizability. This limitation means that more research is needed before the program can be recommended for implementation in Canadian schools.

## References/Acknowledgments:

Collaborative for Academic, Social, and Emotional Learning [CASEL]. (2020). INSIGHTS into Children's Temperament: Promising program. Retrieved from <https://casel.org/insights/>.

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