



## **AI Meets SEL: Personalizing Emotional Learning through Technology**

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### **Abstract**

The integration of Artificial Intelligence (AI) in Social-Emotional Learning (SEL) is transforming how educators cultivate emotional intelligence, empathy, and self-regulation among learners. This presentation explores emerging AI-driven tools—such as chatbots, sentiment analysis, gamification, and wearable devices—that personalize SEL experiences and provide real-time emotional feedback. Drawing on recent studies, it highlights AI's capacity to enhance engagement, monitor well-being, and foster inclusivity through adaptive, data-informed interventions. The discussion also addresses ethical considerations, including privacy, cultural sensitivity, and algorithmic bias, emphasizing the need for human-centered frameworks that safeguard authenticity in emotional learning. Ultimately, the study underscores AI's dual role as both a technological enhancer and a pedagogical partner in building resilient, empathetic learners equipped for an increasingly digital world.

**Keywords:** artificial intelligence, social-emotional learning, educational technology, emotional intelligence, ethical AI, personalized learning, empathy development

