



Peter's Story

Social and Emotional Learning in Uganda



In 2019, Peter dropped out of Bugoigo Primary School, his dreams derailed by the challenges of life. During the COVID-19 pandemic, he married young and became a father, only to lose his child to illness. The tragedy led to his separation from the child's mother, leaving Peter feeling lost and hopeless.

A turning point came when a member of Bugoigo's SEL club reached out to him. Encouraged by the peer support, Peter decided to return to school and join the SEL sessions. Through the program's focus on self-awareness, emotional regulation, and goal-setting, Peter began to rebuild his confidence. By the end of the course, he had transformed from a struggling youth into a determined leader, successfully contesting and being elected as the school's head boy.

Peter's story is another testament to the power of SEL in reshaping lives. Peter now leads with purpose, proving that every setback can be a stepping stone to success.

Social and Emotional Learning is a globally recognised educational approach focused on development of self-awareness, self-control, and interpersonal skills, with a proven positive impact on school attendance and academic achievement. It is recognised as an approach which can be particularly helpful for children who have experienced trauma, or who are especially vulnerable, as it can promote their psychosocial wellbeing and resilience.

Learners reached by SEL interventions are likely to:

- Have improved levels of self-esteem, self-confidence and agency, which is correlated with improved learning outcomes.
- Have an increased sense of safety and belonging in their schools.
- Have an increased school retention, particularly for girls.

What we do

- [Social and Emotional Learning Approach Paper](#)
- [SEL project in Uganda](#)
- [Reaching Our Goals in Malawi](#)
- [Girls in STEM in Ethiopia](#)
- Be more resilient to challenges that they face inside and outside of school.

Link Education removes barriers to education across Uganda, Ethiopia and Malawi, especially for girls.