Explain How Social and Emotional (SEL) Competencies Influence College and Career Readiness

**SELF-REGULATION**
- Study skills
- Goal setting
- Self-control
- Persistence

**MINDSET**
- Sense of belonging
- Self-confidence
- Belief in the value of the work
- Motivation

**SOCIAL SKILLS**
- Respect for others
- Appreciation of diversity
- Perspective
- Empathy

**Why SEL?**

REL Pacific stakeholders are interested in learning how social and emotional learning competencies impact students’ academic success and college readiness. Through coaching, trainings, and research, REL Pacific and its partnerships are examining intrapersonal and interpersonal competencies that may be related to student success, and determining how these competencies might be incorporated into work underway in the Pacific region.


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