HOMES AND COMMUNITIES
SCHOOLS
CLASSROOMS

SELF-AWARENESS

SELF-MANAGEMENT

SOCIAL AND EMOTIONAL LEARNING

RESPONSIBLE DECISION-MAKING

SOCIAL AWARENESS

RELATIONSHIP SKILLS

SEL CURRICULUM AND INSTRUCTION
SCHOOLWIDE PRACTICES AND POLICIES
FAMILY AND COMMUNITY PARTNERSHIPS

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SOCIAL AND EMOTIONAL LEARNING (SEL) COMPETENCIES

SELF-AWARENESS

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

- ➲ IDENTIFYING EMOTIONS
- ➲ ACCURATE SELF-PERCEPTION
- ➲ RECOGNIZING STRENGTHS
- ➲ SELF-CONFIDENCE
- ➲ SELF-EFFICACY

SOCIAL AWARENESS

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- ➲ PERSPECTIVE-TAKING
- ➲ EMPATHY
- ➲ APPRECIATING DIVERSITY
- ➲ RESPECT FOR OTHERS

RESPONSIBLE DECISION-MAKING

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- ➲ IDENTIFYING PROBLEMS
- ➲ ANALYZING SITUATIONS
- ➲ SOLVING PROBLEMS
- ➲ EVALUATING
- ➲ REFLECTING
- ➲ ETHICAL RESPONSIBILITY

SELF-MANAGEMENT

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- ➲ IMPULSE CONTROL
- ➲ STRESS MANAGEMENT
- ➲ SELF-DISCIPLINE
- ➲ SELF-MOTIVATION
- ➲ GOAL SETTING
- ➲ ORGANIZATIONAL SKILLS

RELATIONSHIP SKILLS

The ability to establish and maintain heal[thy] and rewarding relationships with diverse [indi]viduals and groups. The ability to commu[nicate] clearly, listen well, cooperate with others[, resist] inappropriate social pressure, negotiate [conflict] constructively, and seek and offer help w[hen] needed.

- ➲ COMMUNICATION
- ➲ SOCIAL ENGAGEMENT
- ➲ RELATIONSHIP BUILDING
- ➲ TEAMWORK

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