



Social Emotional Learning (SEL) Competencies and Skills

Self-Awareness



- Label and recognize own and others' emotions.
- Identify what triggers own emotions.
- Analyze emotions and how they affect others.
- Accurately recognize own strengths and limitations.
- Identify own needs and values.
- possess self-efficacy and self-esteem for self confidence.
- "Growth Mindset"

Self-Management



- Set plans and work toward goals.
- Overcome obstacles and create strategies for more long-term goals.
- Monitor progress toward personal & academic short- and long-term goals.
- Regulate emotions such as impulses, aggression, and self-destructive behavior.
- Manage personal and interpersonal stress.
- Attention control.
- Use feedback constructively.
- Exhibit positive motivation, hope, and optimism.
- Seek help when needed.
- Display grit, determination, or perseverance.
- Advocate for oneself.

Social Awareness

- Identify social cues- verbal & physical, to determine how others feel.
- Predict others' feelings and reactions.
- Evaluate others' emotional reactions.
- Respect others- listen carefully and accurately.
- Understand other points of view and perspectives.
- Appreciate diversity (recognize individual and group similarities and differences).
- Identify and use resources of family, school, and community.



Relationship Management



- Demonstrate capacity to make friends.
- Exhibit cooperative learning and working toward group goals.
- Evaluate own skills to communicate with others.
- Manage and express emotions in relationships, respecting diverse viewpoints.
- Communicate effectively.
- Cultivate relationships with those who can be resources when help is needed.
- Provide help to those who need it.
- Demonstrate leadership skills when necessary, being assertive and persuasive.
- Prevent interpersonal conflict, but manage and resolve it when does occur.
- Resist inappropriate social pressures.

Responsible Decision Making

- Identify decisions one makes at school.
- Discuss strategies used to resist peer pressure.
- Reflect on how current choices affect one's future.
- Identify problems when making decisions, and generate alternatives.
- Implement problem-solving skills when making decision, when appropriate.
- Become self-reflective and self-evaluative.
- Make decisions based on moral, personal, and ethical standards.
- Make responsible decisions that affect the individual, school, and community.
- Negotiate Family.

