

Social Emotional Learning Competencies

Self-Awareness

Develop self-awareness skills to have knowledge of one's emotions, to develop an accurate and positive self-concept, and to recognize individual strengths and external support systems

- Student demonstrates an awareness of own emotions
- Student demonstrates awareness of personal qualities
- Student demonstrates awareness of external supports
- Student has a sense of personal responsibility

Self-Management

Develop and demonstrate self-management skills and resiliency to regulate emotions and to monitor and achieve behaviors related to school and life success

- Student demonstrates ability to manage emotions constructively
- Student demonstrates integrity
- Student demonstrates ability to set and achieve goals

Social Awareness

Develop social awareness skills needed to establish and maintain positive relationships

- Student demonstrates awareness of other people's emotions and perspectives
- Student demonstrates consideration for others and a desire to contribute to the well-being of their school and community
- Student demonstrates an awareness of cultural issues and a respect for human dignity and differences
- Student can read social cues and respond appropriately

Relationship Skills

Demonstrate interpersonal (relationship) skills needed to establish and maintain positive relationships

- Student uses positive communication and social skills to interact effectively with others
- Student develops constructive relationships
- Student demonstrates an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways

Responsible Decision-Making

Demonstrate decision making skills, problem solving skills, and responsible behaviors in school, personal and community contexts

- Student considers ethical, safety and societal factors in making decisions
- Student uses effective decision-making skills
- Student applies problem solving skills to deal responsibly with daily academic and social situations