California Transformative Social and Emotional Learning (T-SEL) Competencies

Self-Awareness: Adult

Identity	A	Adults have deep and accurate knowledge of their own identity and its implications for their role in supporting student development. Adults model continuous reflection and exploration of their own evolving identity. 1.A.5
	B	Adults recognize, understand, label with granularity, and accept their emotions. 1.B.5
	C	Adults continuously reflect on and critically examine their own mental models, ideologies, and life experiences, and evaluate how these influence their beliefs and values. 1.C.5
Belonging	D	Adults continually reflect on and interrupt their own prejudices and biases in regard to academic and behavioral expectations of students, including how those impact discipline, grading, giving leadership opportunities, and whose voices are heard in the learning environment. 1.D.5
	E	Adults model being contributing, reflective, and caring community members with students and other adults in the learning community. 1.E.5
Agency	F	Adults are able to identify the connections between a thought, feeling, and behavior, and interrupt the cycle that results in a negative consequence for self or others. Adults model cultural awareness around emotions. 1.F.5
	G	Adults model the process of how they have identified their strengths and personal power and how they use them to better serve their life purpose and the lives of others. 1.G.5
	H	Adults model a mastery orientation to learning, including the process of making mistakes, intellectual humility, practicing positive self-talk, and demonstrating optimism and a growth mindset. 1.H.5