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

Self-Awareness: High School

Identity	A	Students work to understand multiple aspects of their identity including race, ethnicity, language, gender, and ability, among others, and how they intersect. Students recognize the evolving and dynamic nature of identity based on context and perceptions of self and others. 1.A.4
	B	Students accurately label and understand their feeling states and can embrace strong emotions without judgment. 1.B.4
	C	Students deepen their understanding of their own perspectives, values, beliefs, and mental models. Students critically examine and question their own perspectives and opinions. 1.C.4
Belonging	D	Students are regularly identifying and interrupting their own prejudices and implicit biases and reflecting on the impact on others. 1.D.4
	E	Students can assess and analyze areas of need in their community and make a plan to contribute. Students can reflect on the quality and impact of their community service and civic engagement. 1.E.4
Agency	F	Students deepen their understanding of brain and body connections and how behavior is shaped by culture and lived experiences. Students can assess and respond to their environment by choosing to code-switch. 1.F.4
	G	Students identify and apply their personal strengths and assets to deepen their sense of power and pursue their purpose. 1.G.4
	H	Students deepen and build a more nuanced understanding of self-efficacy by embracing and leveraging mistakes as opportunities for growth, displaying a well-developed mastery orientation to learning. 1.H.4