

K-12

Self-Awareness:
Knowing what we are
feeling in the moment:
having a realistic
assessment of our own
abilities and a well-
grounded sense of self-
confidence **SLFA**

- 1 Identify one's emotions **SLFA.1**
- 2 Maintain an accurate and positive self-concept **SLFA.2**
- 3 Recognize individual strengths **SLFA.3**
- 4 Experience a sense of self-efficacy **SLFA.4**

Self-Management:
Handling our emotions
so they facilitate rather
than interfere with the
task at hand: being
conscientious and
delaying gratification to
pursue goals:
persevering in the face
of setbacks and
frustrations. **SM**

- 1 Regulate emotions **SM.1**
- 2 Manage stress **SM.2**
- 3 Monitor and achieve behaviors related to school and life success. **SM.3**

Social Awareness:
Understanding what
others are feeling: being
able to take their
perspective;
appreciating and
interacting positively
with diverse
groups. **SOCA**

- 1 Exhibit empathy **SOCA.1**
- 2 Appreciate diversity **SOCA.2**
- 3 Understand social and ethical norms for behavior **SOCA.3**
- 4 Recognize family, school, and community supports **SOCA.4**

Relational Skills:
handling emotions in
relationships effectively:
establishing and
maintaining healthy and
rewarding relationships
based on solutions to
conflict, and seeking
help when needed. **RS**

- 1 Build and maintain relationships with diverse groups and individuals **RS.1**
- 2 Communicate clearly to express needs and resolve conflict **RS.2**

Responsible Decision Making: avoiding risky behaviors, dealing honestly and fairly with others; an ability to make decisions and solve problems on the basis of accurately defining decisions to be made and anticipating the consequences of each—learning from one’s decision making. RDM

1 Problem solve effectively RDM.1

2 Maintain accountable behaviors in school, personal, and community contexts RDM.2