

Social Emotional Learning Competencies and Sub Competencies

Self-Awareness SA

- 1 Recognize one's feelings and thoughts SA-1
- 2 Recognize the impact of one's feelings and thoughts on one's own behavior SA-2
- 3 Recognize one's personal traits, strengths and limitations SA-3
- 4 Recognize the importance of self-confidence in handling daily tasks and challenges SA-4

Self-Management SM

- SM-1. Understand and practice strategies for managing one's own emotions, thoughts and behaviors SM-1
- 2 Recognize the skills needed to establish and achieve personal and educational goals SM-2
- 3 Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals SM-3

Social Awareness SOA

- 1 Recognize and identify the thoughts, feelings and perspectives of others SOA-1
- 2 Demonstrate and awareness of the differences among individuals, groups and others' cultural backgrounds SOA-2
- 3 Demonstrate an understanding of the need for mutual respect when viewpoints differ SOA-3
- 4 Demonstrate an awareness of the expectations for social interactions in a variety of settings SOA-4

Responsible Decision-Making RDM

- RDM-1. Develop implement and model effective problem solving and critical thinking skills RDM-1
- 2 Identify the consequences associated with one's actions in order to make constructive choices RDM-2

3 Evaluate personal, ethical, safety and civic impact of decisions RDM-3

Relationship Skills RS

RS-1. Establish and maintain healthy relationships RS-1

RS-2. Utilize positive communication and social skills to interact effectively with others RS-2

RS-3. Identify ways to resist inappropriate social pressure RS-3

4 Demonstrate the ability to prevent and resolve interpersonal conflicts in constructive ways RS-4

5 Identify who, when, where, or how to seek help for oneself or others when needed RS-5