Social Emotional Competencies: Advanced Gr. 9-12

SELF-AWARENESS: PERSONAL QUALITIES AND/OR TRAITS SEMO.1

1. **Recognizes the importance of having healthy self-esteem** SEMO.1.ADV1
2. **Describes and demonstrates ways to boost one's own self-esteem** SEMO.1.ADV2
3. **Describes event or thought process that causes an emotion** SEMO.1.ADV3
4. **Distinguishes own feelings versus expressing/accepting what others "expect" them to feel** SEMO.1.ADV4
5. **Understands the effects of self-talk on emotions and impulse control** SEMO.1.ADV5
6. **Describes how the examination of an event and/or belief from a different perspective may alter one's feelings/reaction** SEMO.1.ADV6
7. **Uses self-reflection to assess feelings and perception of an event** SEMO.1.ADV7
8. **Acknowledges emotions and determines the appropriate time and place to process them** SEMO.1.ADV8
9. **Sets priorities to build on strengths and on identifying areas for improvement** SEMO.1.ADV9
10. **Recognizes personal learning style/intelligence and finds ways to employ those styles** SEMO.1.ADV10
11. **Evaluates how developing interests and filling useful roles support school and life success** SEMO.1.ADV11

SELF-MANAGEMENT SEMO.2

1. **Demonstrates self-control** SEMO.2.ADV1
2. **Evaluates the role attitude plays in success and motivation** SEMO.2.ADV2
3. **Uses strategies for coping with and overcoming feelings of rejection, social isolation, and other forms of stress** SEMO.2.ADV3

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	4	Demonstrates an ability to change one's perception of a situation and make adjustments to understand it in a different way SEM0.2.ADV4
	5	Incorporates self-management skills on a daily basis and demonstrates effective emotional management SEM0.2.ADV5
SOCIAL AWARENESS SEM0.3	1	In increasingly complex social situations, identifies verbal, physical, and situational cues that indicate how others may feel SEM0.3.ADV1
	2	Produces an appropriate response to feelings and perspectives of others SEM0.3.ADV2
	3	Uses conventional skills to understand the perspective of others SEM0.3.ADV3
	4	Accepts differing opinions SEM0.3.ADV4
	5	Demonstrates ways to express empathy for others SEM0.3.ADV5
	6	Demonstrates ability to differentiate facts from feelings and from opinions SEM0.3.ADV6
	7	Thinks critically about positive & negative effects of peer pressure SEM0.3.ADV7
RELATIONSHIP SKILLS SEM0.4	1	Describes situations where the use of technology is appropriate and when it may not be appropriate SEM0.4.ADV1
	2	Uses appropriate topics of conversation dependent on the social situation and conversational partner SEM0.4.ADV2
	3	Indicates change of subject in conversation SEM0.4.ADV3
	4	Uses repair strategies: repeat, rephrase, demonstrate, or change communication methods, slower pace, ask a question if the conversation breaks down SEM0.4.ADV4
	5	Evaluates how norms and values have an effect on personal interactions SEM0.4.ADV5
	6	Collaborates with peers, adults, and others in the community to move group efforts forward SEM0.4.ADV6
	7	Offers and accepts constructive feedback SEM0.4.ADV7
	8	Maintains an objective non-judgmental tone/position during disagreements SEM0.4.ADV8
	9	Uses assertive communication to get needs met SEM0.4.ADV9

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	10 **Empowers, encourages, and affirms self and others through interactions** SEMO.4.ADV10
	11 **Understands the value of mentors (including mentors who are deaf and hard of hearing)** SEMO.4.ADV11
	12 **Establishes and maintains healthy relationships** SEMO.4.ADV12
DECISION MAKING SEMO.5	1 **Evaluates how external influences (e.g. media, peers, cultural norms) effect decision making** SEMO.5.ADV1
	2 **Considers ethical, safety, and societal factors when making decisions** SEMO.5.ADV2
	3 **Applies decision making skills to foster responsible social and work relations and to make healthy lifelong choices** SEMO.5.ADV3