Rhode Island Social & Emotional Learning

# SEL Standards

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| **Self-Awareness - The ability to recognize one's own emotions, thoughts, and values and how they influence behavior and to assess one's strengths and limitations.** SEL.1 | **A** Individual demonstrates an understanding of one's emotions. SEL.1A |
| | **B** Individual identifies when help is needed and who can provide it. SEL.1B |
| | **C** Individual demonstrates awareness of their own personal rights and responsibilities." SEL.1C |
| | **D** Individual demonstrates knowledge of their own personal strengths, cultural and linguistic assets, and aspirations. SEL.1D |
| | **E** Individual seeks to understand and identify their own prejudices and biases." SEL.1E |
| **Self-Management - The ability to regulate one's emotions, thoughts, and behaviors in different situations and to set and work toward personal and academic goals** | **A** Individual demonstrates the skills to manage one's emotions, thoughts, impulses and stress in constructive ways. SEL.2A |
| | **B** Individual manages materials, space, time and responsibilities effectively. SEL.2B |
| | **C** Individual demonstrates skills to develop, evaluate, modify and achieve goals. SEL.2C |
| | **D** Individual demonstrates a resilient attitude and growth mindset, even in the face of adversity and challenges. SEL.2D |
| **Social Awareness - The ability to take the perspective of others and empathize with them, including those from diverse backgrounds and cultures, and to understand norms for behavior.** | **A** Individual reads social cues and responds appropriately. SEL.3A |
| | **B** Individual seeks to understand and demonstrates respect for individuals, including those with diverse backgrounds, cultures, abilities, languages, and identities. SEL.3B |
| | **C** Individual demonstrates empathy for other people's emotions and perspectives. SEL.3C |
| | **D** Individual recognizes and respects leadership capacity in oneself and others. SEL.3D |
| | **E** Individual contributes productively to one's school, family, workplace, and community. SEL.3E |

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| **Relationship Skills - The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressures, and to seek and offer help when needed.** SEL.4 | **A** | **Individual uses communication and interpersonal skills to interact effectively with others, including those with diverse backgrounds, cultures, abilities, languages, and identities.** SEL.4A |
| | **B** | **Individual uses appropriate communication strategies and interpersonal skills to maintain relationships with others.** SEL.4B |
| | **C** | **Individual demonstrates the skills to respectfully engage in and resolve interpersonal conflicts in various contexts.** SEL.4C |
| | **D** | **Individual recognizes when others need help and demonstrates the ability to provide or seek assistance.** SEL.4D |
| **Responsible Decision Making - The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms and to evaluate the consequences of actions and to consider the safety and well-being of others.** SEL.5 | **A** | **Individual applies problem-solving skills to engage responsibly in a variety of situations.** SEL.5A |
| | **B** | **Individual uses and adapts appropriate tools and strategies to solve problems.** SEL.5B |
| | **C** | **Individual evaluates impact of decisions on self, others and the given situation and adjusts behavior appropriately.** SEL.5C |
| | **D** | **Individual considers ethical, safety, and societal factors when making choices and decisions.** SEL.5D |
| | **E** | **Individual considers and responds appropriately to external influences (e.g. media, peers, authority figures) on decision-making.** SEL.5E |