Tennessee Social and Personal Competencies

Adult

Self-awareness 1

A Demonstrate an awareness of his/her emotions. 1A

1 Identifies, recognizes, and names complex emotions in the moment 1A.1

2 Recognizes the relationship between thoughts, feelings, and reactions to people 1A.2

3 Recognizes the big picture in a complex situation 1A.3

B Demonstrate an awareness of their personal qualities and interests. 1B

1 Appreciates the likes, dislikes and preferences of others 1B.1

2 Demonstrates awareness of the relationship between personal qualities and interests and career and social success 1B.2

3 Recognizes the impact of personal qualities and interests in decisions made 1B.3

C Demonstrate an awareness of their strengths and limitations. 1C

1 Is realistic about strengths and limitations 1C.1

2 Distinguishes between strengths, limitations, and skills 1C.2

3 Demonstrates confidence based on self-assessment of strengths 1C.3

D Demonstrate a sense of personal responsibility and advocacy. 1D

1 Describes knowledge and skills and how to use them as a responsible citizen to improve and advocate in the community 1D.1

2 Analyzes the effect that taking responsibility or not taking responsibility can have on oneself and others 1D.2

E Identify external and community resources and supports. 1E

1 Identifies social support systems 1E.1

2 Creates a network of support for life success 1E.2

Self-management 2

A Understand and use strategies for managing their emotions and behaviors constructively. 2A

1 Evaluates the impact of techniques used to manage stress and emotions 2A.1

2 Evaluates the environment and determines appropriate ways to express one's emotions and thoughts 2A.2

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3 Evaluates how expressing one's emotions might affect or influence others 2A.3

B Set, monitor, adapt, and evaluate their goals to achieve success in school and life. 2B

1 Demonstrates an understanding that goal setting supports lifelong success 2B.1

2 Sets, monitors, adapts, and evaluates goals to achieve success in life 2B.2

3 Analyzes the effect personal tendencies have on goal achievement (e.g., integrity, prioritizing, managing time, adequate resources) 2B.3

Social Awareness 3

A Demonstrate awareness and consideration of other people's emotions, perspectives, and social cues. 3A

1 Considers the feelings of others 3A.1

2 Is intuitive of other people's needs 3A.2

3 Is patient—even when one doesn't feel like it 3A.3

B Exhibit civic responsibility in multiple settings. 3B

1 Recognizes the role of the individual within the larger community 3B.1

2 Participates in activities that show they are an agent for positive change within the community 3B.2

3 Evaluates the impact of a school, home, or community initiative for change 3B.3

C Show an understanding and appreciation for individual worth and differences. 3C

1 Identifies and addresses personal perceptions of others' perspectives, customs, and traditions 3C.1

Relationship Skills 4

A Use positive communication and social skills to interact effectively with others. 4A

1 Demonstrates strategies for collaborating with peers, adults, and others in the community to support and move group efforts forward 4A.1

2 Offers and accepts constructive criticism in order to help others and improve oneself 4A.2

3 Works to maintain an objective, nonjudgmental tone during disagreements 4A.3

4 Uses assertive communication to have needs met without negatively impacting others 4A.3.4

B Develop and maintain positive relationships. 4B

1 Practices strategies for maintaining positive relationships such as: 4B.1

1 pursuing shared interests and activities, 4B.1.1

2 spending time together, 4B.1.2

3 giving and receiving help, and 4B.1.3

4 exhibiting forgiveness 4B.1.4

2 Actively participates in healthy support network of valued relationships 4B.2

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3 Independently seeks out relationships that support goals and personal values. 4B.3

C Demonstrate an ability to prevent, manage, and/or resolve interpersonal conflicts in constructive ways. 4C

1 Utilizes appropriate conflict resolution skills to prevent, prepare for, and manage conflict in community, college, and/or career settings 4C.1

2 Develops and utilizes mediation skills 4C.2

Responsible Decision-making 5

A Consider and use multiple factors in decision making, including ethical and safety factors, personal and community responsibilities, and short-term and long-term goals. 5A

1 Reflects on lessons learned from experiences 5A.1

2 Evaluates how external influences (e.g., media, peers, social and cultural norms and expectations of authority) affect one's decision-making 5A.2

B Develop, implement, and model effective decision-making skills to deal responsibility with academic and social situations. 5B

1 Applies decision-making skills to foster responsible social and work relations and make healthy life-long choices 5B.1

2 Understands how decisions can impact the future and have long-term effects 5B.2