Tennessee Social and Personal Competencies

Grades 6-8

Self-awareness 1

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

1. Recognizes uncomfortable emotions as indicators of situations in need of attention 1A.1
2. Identifies emotional states that contribute to or detract from ability to problem solve 1A.2
3. Explains the possible outcomes associated with the different forms of communicating emotions 1A.3

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

1. Accommodates and plans for the likes and dislikes of a group 1B.1
2. Identifies interaction between personal qualities and interests with academic activities and social opportunities 1B.2
3. Demonstrates awareness that personal qualities and interests affect decision-making 1B.3
4. Evaluates influence of personal qualities and interests on decision making 1B.4

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

1. Identifies personal strengths and limitations as they relate to specific activities 1C.1
2. Applies self-reflection techniques to recognize potential, strengths, and growth areas 1C.2
3. Implements a plan to build on strengths or address limitations 1C.3

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

1. Identifies areas of school and life that are within personal control 1D.1
2. Plans and develops an action plan to set and achieve short- and long-term goals 1D.2
3. Analyzes the short- and long-term outcomes between safe and responsible behavior versus risky and harmful behaviors on their health and well-being 1D.3
4. Explains the connection between choice and responsibility for the consequences involved if they engage in risky and harmful behaviors 1D.4
5. Recognizes, establishes, and adheres to personal boundaries and responsibilities 1D.5

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E Identify external and community resources and supports. 1E

1 Identifies positive peer/adult support when needed 1E.1

2 Evaluates the benefits of additional external supports when participating in extracurricular activities 1E.2

3 Recognizes outside influences on the development of personal traits and discerns whether they are supportive or non-supportive 1E.3

Self-management 2

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

1 Maintains confidence during stress, emotional responses, or changing emotions 2A.1

2 Recognizes the affective behavioral responses to thoughts, emotions, and actions 2A.2

3 Reflects on possible consequences, both positive and negative, before expressing an emotion or behavior 2A.3

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

1 Designs action plans for achieving short-term and long-term goals and establishing timelines 2B.1

2 Identifies and utilizes potential resources for achieving goals (e.g., home, school, and community support) 2B.2

3 Sets a positive character goal 2B.3

4 Establishes criteria for evaluating personal and academic success 2B.4

5 Demonstrates goal-setting skills related to potential career paths 2B.5

Social Awareness 3

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

1 Analyzes ways that a person's emotions can be affected by the behavior of others 3A.1

2 Accepts and shows respect for other people's perspectives, opinions, or points of view 3A.2

B Exhibit civic responsibility in multiple settings. 3B

1 Explains how their decisions and behaviors affect the well-being of their school, home, and community 3B.1

2 Explores a community or global need to generate possible solutions 3B.2

3 Evaluates the impact of a school, home, or community initiative in which the student was personally involved 3B.3

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

1 Recognizes the value of cultures and social groups 3C.1

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2 Analyzes how traditions and perspectives impact historical events 3C.2

3 Recognizes how beliefs are shaped by personal experiences 3C.3

Relationship Skills 4

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

1 Practices reflective listening 4A.1

2 Demonstrates ability to perform different roles in a cooperative group to achieve group goals 4A.2

3 Uses understanding of how and why others respond in a given situation (e.g., assertive, passive, or aggressive) in order to respond respectfully and effectively with others 4A.3

4 Identifies appropriate and inappropriate uses of social and other media and the potential repercussions and implications 4A.3.4

B Develop and maintain positive relationships. 4B

1 Distinguishes between helpful and harmful peer pressure 4B.1

2 Demonstrates strategies for resisting harmful peer pressure 4B.2

3 Is involved in positive activities with their peers 4B.3

4 Develops friendships based on personal values 4B.4

5 Identifies the impact of social media in developing and sustaining positive relationships 4B.5

6 Identifies the difference between safe and risky behaviors in a relationship 4B.6

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

1 Identifies the roles of individuals in conflict and understands one's own responsibility in reaching resolution 4C.1

2 Develops self-awareness of their part and actions in creating conflict (e.g., spreading rumors, use of social media, wrongful accusations) 4C.2

3 Applies conflict resolution skills to deescalate, defuse, and resolve differences 4C.3

4 Identifies and accesses positive supports when needed in a conflict situation/crisis 4C.4

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 Stands up for other peers when they are teased, insulted, or left out 5A.1

2 Analyzes the reasons for school and societal rules and their impact on decisions 5A.2

3 Analyzes the impact of media on one's behavior 5A.3

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4 Explains how honesty, respect, and compassion (empathy) enable one to take the needs of others into account 5A.4

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

1 Identifies and applies the steps of systematic decision-making 5B.1

2 Develops decision-making strategies for avoiding risky behavior 5B.2

3 Defines how external influences impact decision-making 5B.3

4 Analyze how decision-making skills affect study habits and academic performance 5B.4