

Grade Band 11-12

Self-Awareness

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- SeA1:11-12a.** I can identify personal factors that can influence the duration and intensity of emotions I may experience in the future. [SEA1:11-12A](#)
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- SeA1:11-12b.** I can examine my emotions, values, thoughts, and biases and how they inform my thinking around future situations or events. [SEA1:11-12B](#)
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- SeA2:11-12a.** I can compare how my personal strengths, challenges, interests, and values have developed and changed over time and revise my post-secondary plans as needed. [SEA2:11-12A](#)
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- SeA2:11-12b.** I can demonstrate self-efficacy when facing a challenging situation. [SEA2:11-12B](#)
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- SeA2:11-12c.** I can express pride and confidence in my personal and social identities within a variety of settings. [SEA2:11-12C](#)
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Self-Management

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- SeM1:11-12a.** I can recognize different intensity levels of emotions that require strategies to manage my thoughts and behaviors. [SEM1:11-12A](#)
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- SeM1:11-12b.** I can consistently use coping skills and calming strategies to effectively respond to stress and return to a regulated state. [SEM1:11-12B](#)
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- SeM1:11-12c.** I can demonstrate the ability to reframe challenging situations from a strengths-based and/or growth mindset perspective. [SEM1:11-12C](#)
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- SeM2:11-12a.** I can independently develop goals based on evaluating my previous performances and predicting future performances. [SEM2:11-12A](#)
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- SeM2:11-12b.** I can develop a plan that demonstrates an understanding of how to set and reach goals that contribute to life-long success, encompassing social-emotional, achievement, and career goals. [SEM2:11-12B](#)
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Social Awareness

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- SoA1:11-12a.** I can relate to and build connections with other people by showing them empathy, compassion, and understanding by highlighting and honoring differing perspectives, abilities, backgrounds, cultures or social groups. [SOA1:11-12A](#)
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SoA2:11-12a. I can recognize, describe and distinguish inequity and injustice at different levels of society. SOA2:11-12A

SoA2:11-12b. I can identify and work to address my own conscious and unconscious biases. SOA2:11-12B

Relationship Skills

ReS1:11-12a. I can modify my communication and listening skills to improve my interactions with peers, adults and community to support and achieve common goals. RES1:11-12A

ReS1:11-12b. I can use strategies to resolve differences. RES1:11-12B

ReS1:11-12c. I can independently use conflict resolution skills to solve problems peacefully. RES1:11-12C

ReS1:11-12d. I can make ethical decisions about when and how to take a stand against bias and injustice in my everyday life or community and will do so despite negative peer or group pressure. RES1:11-12D

ReS2:11-12a. I can demonstrate collaboration in a group setting by valuing different and diverse perspectives, abilities, backgrounds and cultures as we work towards a common goal. RES2:11-12A

ReS2:11-12b. I can independently adapt behavior based upon peer feedback and self-assessment. RES2:11-12B

ReS2:11-12c. I can identify ways to navigate unhealthy relationships. RES2:11-12C

ReS2:11-12d. I can apply constructive feedback to strengthen connections and achieve common goals. RES2:11-12D

Decision Making

DeM1: 11-12a. I can demonstrate critical thinking skills to select an appropriate decision making process to solve complex situations. DEM1: 11-12A

DeM1: 11-12b. I can make constructive choices by considering the personal, interpersonal, and community impacts of my choices. DEM1: 11-12B

DeM1: 11-12c. I can reflect on the outcomes of my decisions and determine if there are opportunities for improvement. DEM1: 11-12C

DeM2:11-12a. I can evaluate my post-secondary goals based on my own personal identity, ethical standards, and as a global citizen. DEM2:11-12A
