

K-12

Self-Awareness:
Individual has the ability to identify their emotions, personal assets, areas for growth, and potential external resources and supports. **SA**

1A Demonstrates awareness and understanding of one's own emotions and emotions' influence on behavior. **SA1A**

1B Demonstrates awareness of personal and collective identity encompassing strengths, areas for growth, aspirations, and cultural and linguistic assets. **SA1B**

1C Demonstrates self-awareness and understanding of external influences, e.g., culture, family, school, and community resources and supports. **SA1C**

Self-Management:
Individual has the ability to regulate emotions, thoughts, and behaviors. **SM**

2A Demonstrates the skills to manage one's emotions, thoughts, impulses, and stress in constructive ways. **SM2A**

2B Demonstrates responsible decision-making and problem-solving skills. **SM2B**

Self-Efficacy: Individual has the ability to motivate themselves, persevere, and see themselves as capable. **SE**

3A Demonstrates the skills to set, monitor, adapt, persevere, achieve, and evaluate goals. **SE3A**

3B Demonstrates problem-solving skills to engage responsibly in a variety of situations. **SE3B**

3C Demonstrate awareness and ability to speak on behalf of personal rights and advocacy. **SE3C**

Social Awareness:
Individual has the ability to take the perspective of and empathize with others from diverse backgrounds and cultures. **SA4**

4A Demonstrates awareness of other people's emotions, perspectives, cultures, languages, histories, identities, and abilities. **SA4A**

4B Demonstrates an awareness and respect for similarities and differences among community, cultural and social groups. **SA4B**

4C Demonstrates an understanding of the variation within and across cultures. **SA4C**

Social Management:
Individual has the ability to make safe and constructive choices about personal behavior and social interactions. **SM5**

5A Demonstrates a range of communication and social skills to interact effectively with others. **SM5A**

5B Demonstrates the ability to identify and take steps to resolve interpersonal conflicts in constructive ways. **SM5B**

5C Demonstrates the ability to engage in respectful and healthy relationships with individuals of diverse perspectives, cultures, language, history, identity, and

ability. SM5C

Social Engagement:
Individual has the ability
to consider others and
show a desire to
contribute to the well-
being of school and
community. SE6

6A Demonstrates a sense of school and community responsibility. SE6A

6B Demonstrates the ability to work with others to set, monitor, adapt, achieve, and evaluate goals. SE6B

6C Contributes productively to one's school, workplace, and community. SE6C