Wisconsin Social and Emotional Learning Competencies

11th-Adult

EMOTIONAL DEVELOPMENT

Understand and manage one's emotions

1 Self-Awareness: Learners will be able to identify how the process of recognizing and labeling emotions informs thinking and influences relationships. 11-A.1

2 Self-Management: Learners will be able to understand and explain how their expression of emotions can influence how others respond to them. 11-A.2

3 Self-Management: Learners will be able to predict situations that will cause strong emotions, and plan and prepare to manage those emotions. 11-A.3

4 Focus Attention: Learners will employ focusing skills independently and understand their importance in achieving important goals in times of adversity. 11-A.4

5 Social Awareness: Learners will be able to demonstrate connectedness, through empathy and engagement to their communities. 11-A.5

6 Social Awareness: Learners will be able to evaluate verbal, physical, social, cultural, and environmental cues to predict and respond to the emotions of others. 11-A.6

SELF-CONCEPT

Develop positive self-identity and recognize self as a lifelong learner

7 Self-Awareness: Learners will be able to maintain a "growth mind set" about their abilities to succeed and grow and will persist through challenges. 11-A.7

8 Self-Awareness: Learners will be able to use self-reflection to assess their behavior for authenticity, honesty, and respect and articulate how this impacts their greater community. 11-A.8

9 Self-Awareness and Social-Awareness: Learners will be able to explain how their beliefs can impact their growth and success, and advocate for their beliefs. 11-A.9

10 Self-Management: Learners will be able to set short- and long-term group goals, and create a plan to execute those goals. They will be able to analyze progress and collaborate to adjust goals when needed. 11-A.10

11 Self-Awareness and Self-Management: Learners will be able to demonstrate perseverance when dealing with challenges and adversity. 11-A.11

SOCIAL COMPETENCE

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large

12 Social Awareness: Learners will be able to demonstrate conversational skills to determine the perspective of others. 11-A.12

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13 Social Awareness: Learners will be able to support the rights of all individuals to reflect their family, culture, and community in society. 11-A.13

14 Social Awareness: Learners will be able to develop ethical arguments from a variety of ethical positions to evaluate societal norms. 11-A.14

15 Relationship Skills: Learners will be able to maintain positive relationships and use effective strategies (e.g., boundary setting, stating your needs, and recognizing warning signs) to avoid negative relationships. 11-A.15

16 Relationship Skills: Learners will be able to use assertive communication, including refusals, in a variety of settings and with a variety of audiences to get their needs met, without negatively impacting others. 11-A.16

17 Relationship Skills: Learners will be able to evaluate constructive feedback and provide constructive feedback when needed. 11-A.17

18 Relationship Skills: Learners will be able to recognize how each group member's skills contribute toward group goals. 11-A.18

19 Relationship Skills: Learners will be able to consistently resolve interpersonal conflicts across settings (e.g., school, work, community, and personal relationships). 11-A.19

20 Decision Making: Learners will be able to consider a variety of factors (e.g., ethical, safety, and societal factors) in order to make decisions that promote productive social and work relations. 11-A.20

21 Social Awareness: Learners will be able to evaluate the ways in which public opinion can be used to influence and shape public policy. 11-A.21

22 Decision Making and Relationship Skills: Learners will be able to evaluate factors that impact personal and community health and safety, and apply appropriate preventative and protective strategies (e.g., health and wellness, sleep, healthy relationships). 11-A.22

23 Social Awareness and Relationship Skills: Learners will be able generate positive choices and proactively advocate for themselves and others across settings (e.g., school, community, work, and personal relationships). 11-A.23

24 Decision Making, Social Awareness, and Relationship Skills 11-A.24