Wisconsin Social and Emotional Learning Competencies

6th-8th

EMOTIONAL DEVELOPMENT	**Understand and manage one's emotions**
	1 Self-Awareness: Learners will be able to recognize and label a variety of complex graded emotions in self and others. 6-8.1
	2 Self-Management: Learners will be able to express their emotions in an appropriate and respectful manner using a variety of modalities (e.g., verbal and nonverbal). 6-8.2
	3 Self-Management: Learners will be able to identify what triggers a strong emotion and apply an appropriate calming or coping strategy to defuse the emotional trigger. 6-8.3
	4 Focus Attention: Learners will be able to independently use organizational skills and strategies to focus attention in order to work toward short-term personal and academic goals. 6-8.4
	5 Social Awareness: Learners will be able to provide support and encouragement to others through perspective taking, empathy, and appreciation for diversity. 6-8.5
	6 Social Awareness: Learners will be able to recognize expressions of empathy in society and communities. 6-8.6
SELF-CONCEPT	**Develop positive self-identity and recognize self as a lifelong learner**
	7 Self-Awareness: Learners will be able to use optimism and a "growth mind set" to recognize strengths in self in order to describe and prioritize personal skills and interests they want to develop. 6-8.7
	8 Self-Awareness: Learners will be able to self-reflect on their values and beliefs and how their behaviors relate to those values and beliefs. 6-8.8
	9 Self-Awareness and Social-Awareness: Learners will be able to identify how family and culture impact their thoughts and actions. 6-8.9
	10 Self-Management: Learners will be able to consistently set attainable, realistic goals, and persist until their goals are achieved. 6-8.10
	11 Self-Awareness and Self-Management: Learners will be able to identify successes and challenges, and how they can learn from them. 6-8.11
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 show respect for other people's perspectives. 6-8.12

Skip to main content

13 Social Awareness: Learners will be able to reflect how cross-cultural experiences can influence their ability to build positive relationships. 6-8.13

14 Social Awareness: Learners will be able to identify discrimination of individuals and groups based upon perceived differences. 6-8.14

15 Relationship Skills: Learners will be able to recognize the emotional, physical, social, and other costs of negative relationships. 6-8.15

16 Relationship Skills: Learners will be able to use active listening and assertive, clear communication when expressing thoughts and ideas. 6-8.16

17 Relationship Skills: Learners will be able to recognize and respond appropriately to constructive feedback. 6-8.17

18 Relationship Skills: Learners will be able to work cooperatively and productively in a group and overcome setbacks and disagreements. 6-8.18

19 Relationship Skills: Learners will be able to apply negotiation skills and conflict resolution skills to resolve differences. 6-8.19

20 Decision Making: Learners will be able to generate a variety of solutions and outcomes to a problem with consideration of wellbeing for oneself and others. 6-8.20

21 Social Awareness: Learners will be able to identify how social norms for behavior vary across different settings and within different cultures. 6-8.21

22 Decision Making and Relationship Skills: Learners will be able to identify the impact of their decisions on personal safety and relationships. 6-8.22

23 Social Awareness and Relationship Skills: Learners will be able to advocate for themselves. 6-8.23

24 Decision Making, Social Awareness, and Relationship Skills Learners will be able to, with adult guidance, create an action plan that addresses a need in the classroom, school, or community. 6-8.24