Wisconsin Social and Emotional Learning Competencies

9th-10th

EMOTIONAL DEVELOPMENT

Understand and manage one's emotions

1. Self-Awareness: Learners will be able to recognize and label a variety of graded emotions in self and others as they occur and evolve over time. 9-10.1
2. Self-Management: Learners will be able to express their emotions in an appropriate and respectful manner in different environments, with different audiences, using a variety of modalities (e.g., verbal and nonverbal). 9-10.2
3. Self-Management: Learners will be able to consistently use appropriate calming and coping strategies when dealing with strong emotions. 9-10.3
4. Focus Attention: Learners will be able to independently use organizational skills and strategies to focus attention by working toward long-term personal and academic goals. 9-10.4
5. Social Awareness: Learners will be able to demonstrate empathy to others who have different views and beliefs. 9-10.5
6. Social Awareness: Learners will be able to evaluate verbal, physical, and environmental cues to predict and respond to the emotions of others. 9-10.6

SELF-CONCEPT

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

7. Self-Awareness: Learners will be able to set priorities to build personal strengths, grow in their learning, recognize barriers, and employ solutions. 9-10.7
8. Self-Awareness: Learners will be able to use self-reflection to determine if their behavior is reflective of their personal values and modify behavior to match their beliefs. 9-10.8
9. Self-Awareness and Social-Awareness: Learners will be able to reflect on their own beliefs relative to different familial and societal norms. 9-10.9
10. Self-Management: Learners will be able to reflect on the progress of personal goals in order to adjust action steps and time frames as necessary. 9-10.10
11. Self-Awareness and Self-Management: Learners will be able to recognize barriers to succeeding and identify supports to help themselves. 9-10.11

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 identify positive ways to express understanding of differing perspectives. 9-10.12

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13 Social Awareness: Learners will be able to support the rights of individuals to reflect their family, culture, and community within the school setting. 9-10.13

14 Social Awareness: Learners will be able to assess for personal bias and evaluate strategies to oppose stereotyping. 9-10.14

15 Relationship Skills: Learners will be able to independently seek and sustain positive, supportive relationships. 9-10.15

16 Relationship Skills: Learners will be able to use assertive communication, including refusals, to get their needs met without negatively impacting others. 9-10.16

17 Relationship Skills: Learners will be able to accept constructive feedback. 9-10.17

18 Relationship Skills: Learners will be able to formulate group goals and work through an agreed upon plan. 9-10.18

19 Relationship Skills: Learners will be able to self-reflect on their role in a conflict to inform their behavior in the future. 9-10.19

20 Decision Making: Learners will be able to apply steps of systemic decision making with consideration of well-being for oneself and others. 9-10.20

21 Social Awareness: Learners will be able to identify the purpose of social norms for behavior across situations and how these norms are influenced by public opinion. 9-10.21

22 Decision Making and Relationship Skills: Learners will be able to use negotiation and refusal skills to resist unwanted pressures and maintain personal health and safety. 9-10.22

23 Social Awareness and Relationship Skills: Learners will be able to advocate for their needs and the needs of others by utilizing educational and community support networks. 9-10.23

24 Decision Making, Social Awareness, and Relationship Skills 9-10.24