

#	SEL Skill	Standards
1	Self Awareness I am...	<p>Self Awareness is the ability to accurately recognize one’s emotions and thoughts, and their influence on behavior. This includes accurately assessing one’s strengths and limitations and possessing a well-grounded sense of confidence and optimism.</p> <ul style="list-style-type: none"> <li>A. Recognize and describe emotions and thoughts and their influence on decision-making</li> <li>B. Describe individual strengths (including learning style, cultural and linguistic assets), express gratitude for oneself, and develop a positive self-image that may be inclusive of all identities</li> <li>C. Describe personal and academic areas of growth</li> </ul>
2	Self Management I will...	<p>Self Management, which is also referred to as “self control” or “self regulation,” is the ability to regulate one’s emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, delaying gratification, motivating oneself, and setting and working toward personal and academic goals.</p> <ul style="list-style-type: none"> <li>A. Apply effective strategies to manage emotions, thoughts and behaviors in a variety of situations</li> <li>B. Demonstrate personal responsibility, integrity and ethical decision-making to meet community expectations</li> <li>C. Set and achieve personal and academic goals with increasing levels of independence</li> </ul>
3	Growth Mindset I believe...	<p>Growth Mindset is the belief that you can grow your talents with effort. Students with a growth mindset see effort as necessary for success, embrace challenges, learn from feedback, and persist in the face of setbacks.</p> <ul style="list-style-type: none"> <li>A. Demonstrate belief that struggles and mistakes are opportunities for growth</li> <li>B. Seek and offer affirming and adjusting feedback</li> <li>C. Acknowledge difficulties and develop plans and language to persist and overcome challenges</li> </ul>
4	Social Awareness We Belong...	<p>Social Awareness is the ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.</p> <ul style="list-style-type: none"> <li>A. Identify, access and express gratitude for supportive individuals and resources</li> <li>B. Embrace diversity and empathize with the feelings, perspectives, experiences, and social cues of others different from oneself</li> <li>C. Demonstrate an awareness of the impact of actions, both positive and negative, on others, both in person and through technology</li> </ul>
5	Relationship Skills We Thrive...	<p>Relationship Skills are the ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.</p> <ul style="list-style-type: none"> <li>A. Use a range of communication skills to interact effectively and cultivate healthy relationships with individuals of diverse identities</li> <li>B. Prevent, manage, and resolve interpersonal conflicts constructively in various contexts, making respectful choices that consider the wellbeing of self and others</li> <li>C. Positively transform the community both independently and with others, including seeking and offering help</li> </ul>
C	College Knowledge	<p>College Knowledge is the ability to understand the value of college and how it can support students, families and communities. The ability to visualize oneself as a future college student, understand the steps needed to be successfully admitted to college and thrive throughout college.</p> <ul style="list-style-type: none"> <li>A. Understand the college admissions process including curricular, testing, and application requirements, available supports, and status</li> <li>B. Explore college options that best fit individual needs, including various majors, careers, and types of postsecondary colleges/degrees, their costs and the financial aid available</li> <li>C. Comprehend the culture of college including non-academic components, living experiences, and ways to overcome struggles of being a first generation and/or low-income student</li> </ul>