|  |  |  |  |
| --- | --- | --- | --- |
| **SELF** | | **SOCIAL** | |
| **STANDARD 4** | **SELF-AWARENESS –**  **Individual has the ability to identify and name one’s emotions and their influence on behavior.** | **STANDARD 4** | **SOCIAL AWARENESS –**  **Individual has the ability to take the perspective of and empathize with others from diverse backgrounds and cultures.** |
| 1A | Demonstrates awareness and understanding of one’s emotions. | 4A | Demonstrates awareness of other people’s emotions, perspectives, cultures, language, history, identity, and ability. |
| 1B | Demonstrates knowledge of personal strengths, areas for growth, culture, linguistic assets, and aspirations. | 4B | Demonstrates an awareness and respect for one’s similarities and differences with others. |
| 1C | Demonstrates awareness and understanding of family, school, and community resources and supports. | 4C | Demonstrates and understanding of the social norms of individual cultures. |
| **STANDARD 2** | **SELF-MANAGEMENT –**  **Individual develops and demonstrates self-management skills to regulate emotions, thoughts, and behaviors in contexts with people different than oneself.** | **STANDARD 5** | **SOCIAL MANAGEMENT –**  **Individual has the ability to make safe and constructive choices about personal behavior and social interactions.** |
| 2A | Demonstrates the skills to manage and express one’s emotions, thoughts, impulses, and stress in constructive ways. | 5A | Demonstrates a range of communication and social skills to interact effectively with others. |
| 2B | Demonstrates constructive decision-making and problem solving skills. | 5B | Demonstrates the ability to identify and take steps to resolve interpersonal conflicts in constructive ways. |
|  |  | 5C | Demonstrates the ability to engage in constructive relationships with individuals of diverse perspectives, cultures, language, history, identity, and ability. |
| **STANDARD 3** | **SELF-EFFICACY –**  **Individual has the ability to motivate oneself, persevere, and see oneself as capable.** | **STANDARD 6** | **SOCIAL RESPONSIBILITY –**  **Individual has the ability to consider others and a desire to contribute to the well-being of school and community.** |
| 3A | Demonstrates the skills to set, monitor, adapt, persevere, achieve, and evaluate goals. | 6A | Demonstrates a sense of social and civic responsibility. |
| 3B | Demonstrates problem-solving skills to engage responsibly in a variety of situations. | 6B | Demonstrates the ability to work with others to set, persevere, and achieve goals. |
| 3C | Demonstrates awareness and ability to speak on behalf of personal rights and responsibilities. | 6C | Demonstrates effective strategies to advocate for school and community. |

## Social and Emotional Learning Standards and Benchmarks