

Self-awareness	<p>Label and recognise own and others' emotions.</p> <p>Identify what triggers own emotions.</p> <p>Analyse emotions and how they affect others.</p> <p>Accurately recognise own strengths and limitations.</p> <p>Identify own needs and values.</p> <p>Possess self-efficacy and self-esteem.</p>
Self-management	<p>Set plans and work toward goals.</p> <p>Overcome obstacles and create strategies for more long-term goals.</p> <p>Monitor progress toward personal and academic short- and long-term goals.</p> <p>Regulate emotions such as impulses, aggression, and self-destructive behaviour.</p> <p>Manage personal and interpersonal stress.</p> <p>Attention control (maintain optimal work performance).</p> <p>Use feedback constructively.</p> <p>Exhibit positive motivation, hope, and optimism.</p> <p>Seek help when needed.</p> <p>Display grit, determination, or perseverance.</p> <p>Advocate for oneself.</p>
Social awareness	<p>Identify social cues (verbal, physical) to determine how others feel.</p> <p>Predict others' feelings and reactions.</p> <p>Evaluate others' emotional reactions.</p> <p>Respect others (e.g., listen carefully and accurately).</p> <p>Understand other points of view and perspectives.</p> <p>Appreciate diversity (recognise individual and group similarities and differences).</p> <p>Identify and use resources of family, school, and community.</p>
Relationship skills	<p>Demonstrate capacity to make friends.</p> <p>Exhibit cooperative learning and working toward group goals.</p> <p>Evaluate own skills to communicate with others.</p> <p>Manage and express emotion in relationships, respecting diverse viewpoints.</p> <p>Communicate effectively.</p> <p>Cultivate relationships with those who can be resources when help is needed.</p> <p>Provide help to those who need it.</p> <p>Demonstrate leadership skills when necessary, being assertive and persuasive.</p> <p>Prevent interpersonal conflict, but manage and resolve it when it does occur.</p> <p>Resist inappropriate social pressures.</p>
Responsible decision making	<p>Identify decisions one makes at school.</p> <p>Discuss strategies used to resist peer pressure.</p> <p>Reflect on how current choices affect one's future.</p> <p>Identify problems when making decisions, and generate alternatives.</p> <p>Implement problem-solving skills when making decisions, when appropriate.</p> <p>Become self-reflective and self-evaluative.</p> <p>Make decisions based on moral, personal, and ethical standards.</p> <p>Make responsible decisions that affect the individual, school, and community.</p> <p>Negotiate fairly.</p>