

<b>Self-awareness</b>	<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>
<b>Self-management</b>	<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>
<b>Social awareness</b>	<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>