

SEL Competency	SEL Skills Related to Each Competency
Self-awareness	<ul style="list-style-type: none"> ▪ Label and recognize own and others' emotions. ▪ Identify what triggers own emotions. ▪ Analyze emotions and how they affect others. ▪ Accurately recognize own strengths and limitations. ▪ Identify own needs and values. ▪ Possess self-efficacy and self-esteem.
Self-management	<ul style="list-style-type: none"> ▪ Set plans and work toward goals. ▪ Overcome obstacles and create strategies for more long-term goals. ▪ Monitor progress toward personal and academic short- and long-term goals. ▪ Regulate emotions such as impulses, aggression, and self-destructive behavior. ▪ Manage personal and interpersonal stress. ▪ Attention control (maintain optimal work performance). ▪ Use feedback constructively. ▪ Exhibit positive motivation, hope, and optimism. ▪ Seek help when needed. ▪ Display grit, determination, or perseverance. ▪ Advocate for oneself.
Social awareness	<ul style="list-style-type: none"> ▪ Identify social cues (verbal, physical) to determine how others feel. ▪ Predict others' feelings and reactions. ▪ Evaluate others' emotional reactions. ▪ Respect others (e.g., listen carefully and accurately). ▪ Understand other points of view and perspectives. ▪ Appreciate diversity (recognize individual and group similarities and differences). ▪ Identify and use resources of family, school, and community.

Relationship management	<ul style="list-style-type: none"> ▪ Demonstrate capacity to make friends. ▪ Exhibit cooperative learning and working toward group goals. ▪ Evaluate own skills to communicate with others. ▪ Manage and express emotions in relationships, respecting diverse viewpoints. ▪ Communicate effectively. ▪ Cultivate relationships with those who can be resources when help is needed. ▪ Provide help to those who need it. ▪ Demonstrate leadership skills when necessary, being assertive and persuasive. ▪ Prevent interpersonal conflict, but manage and resolve it when does occur. ▪ Resist inappropriate social pressures.
Responsible decision making	<ul style="list-style-type: none"> ▪ Identify decisions one makes at school. ▪ Discuss strategies used to resist peer pressure. ▪ Reflect on how current choices affect one's future. ▪ Identify problems when making decisions, and generate alternatives. ▪ Implement problem-solving skills when making decisions, when appropriate. ▪ Become self-reflective and self-evaluative. ▪ Make decisions based on moral, personal, and ethical standards. ▪ Make responsible decisions that affect the individual, school, and community. ▪ Negotiate fairly.