



SEL provides students, teachers and staff with the skills needed to succeed in school, work, and life. Through SEL, schools focus on building and maintaining strong relationships, supporting positive school culture and promoting student engagement.

SEL Competencies

SEL Learning Standards

Self-Awareness

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

1A. Understands and demonstrates an awareness of one's emotions, thoughts, and values.

1B. Recognizes and demonstrates knowledge of one's personal strengths, challenges, and potential to drive change to bring about a desired outcome.

1C. Exhibits knowledge of one's community, cultural consciousness, and personal/civic responsibility.

Self-Management

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations to effectively manage stress, control impulses, and motivate oneself. The ability to set and work toward personal and academic goals.

2A. Understands and demonstrates the skills to regulate productively his/her emotions, thoughts, and behaviors in a variety of settings and situations.

2B. Understands how to identify and set personal and academic goals to manage resources, time, and stress.

2C. Understands and demonstrates how to use coping skills to persevere through challenges and/or conflict with optimism, determination, and resilience.

Social Awareness

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.

3A. Demonstrates awareness and understanding of other people's emotions and perspectives.

3B. Demonstrates awareness and understanding of other's cultural backgrounds, gender, identity, abilities, and differences.

3C. Recognizes and understands how to access resources and support from family, school, and community.

Relationship Skills

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.

4A. Demonstrates the ability to communicate effectively and use social skills to interact positively with others.

4B. Develops and cultivates collaborative relationships within and outside of his/her peer group to build personal and professional community(ies).

4C. Demonstrates the ability to resolve interpersonal conflict and/or differences of opinions in a variety of context.

Responsible Decision Making

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

5A. Considers and understands both the positive and negative consequences to self, others, and the community when making decisions.

5B. Uses a systematic approach to informed decision making including the consideration of multiple perspectives.

5C. Applies problem-solving skills to deal responsibly with academic, social, and career situations.