

Social and Emotional Learning -- Core Competencies and Elements

<p>Self Awareness: Recognizing one’s emotions and values as well as one’s strengths and challenges</p> <ul style="list-style-type: none"> • Labeling and recognizing own and others’ emotions • Identifying what triggers own emotions • Analyzing emotions and how they affect others • Understanding the relationship between one’s emotions, thoughts, and behaviors • Recognizing one’s needs, values, judgments, and biases • Identifying personal strengths and areas for growth • Practicing self-compassion • Possessing self-confidence, positive self-regard, and optimism 	<p>Self-Management: Managing emotions and behaviors to achieve one’s goals</p> <ul style="list-style-type: none"> • Regulating and expressing one’s emotions thoughtfully • Demonstrating perseverance and resilience to overcome obstacles • Sustaining healthy boundaries • Applying strategies to reduce personal and interpersonal stress • Setting and monitoring short-term and long-term goals • Advocating for oneself and one’s needs • Maintaining attention • Using feedback constructively
<p>Social Awareness: Showing understanding and empathy for others</p> <ul style="list-style-type: none"> • Identifying social cues (verbal, physical) to determine how others feel • Predicting others’ feelings and reactions • Evaluating others’ emotional reactions • Practicing empathy, including perspective taking • Recognizing individual and group strengths and differences • Using reflective listening to understand and demonstrate respect for others • Recognizing and using family, school, and community resources • Demonstrating cultural humility • Awareness of inequities and privileges that affect individuals and groups 	<p>Relationship skills: Forming positive relationships, working in teams, dealing effectively with conflict</p> <ul style="list-style-type: none"> • Cultivating connection and friendship • Developing positive relationships with diverse individuals and groups • Practicing listening and communication skills • Working cooperatively • Resolving conflicts • Offering and seeking help • Applying appropriate uses of humor • Approaching relationships with positive presuppositions • Managing and expressing emotions in relationships, respecting diverse viewpoints • Resisting inappropriate social pressures
<p>Responsible Decision-Making: Making ethical, constructive choices about personal and social behavior</p> <ul style="list-style-type: none"> • Making ethical decisions based upon mutual respect and appropriate social norms • Recognizing one’s responsibility to behave ethically • Understanding the motivations for actions and their realistic consequences • Using problem-solving skills • Considering the well-being of self and others before acting • Reflecting on how current choices affect future • Becoming self-reflective and self-evaluative 	<p>Prosocial Culture, Climate, and Community: Fostering a healthy, safe, positive learning environment for the benefit of school leaders, mentors, teachers, students, and their families</p> <ul style="list-style-type: none"> • Cultivating cooperative and trusting relationships based on mutual respect • Nurturing connection, a sense of belonging, and well-being • Committing to equity, inclusion, and honoring diversity • Upholding norms that support intellectual, social, emotional, and physical safety • Developing shared vision, values, and traditions that support prosocial and purposeful engagement • Focusing collectively on meaningful learning and its benefits