

Social Emotional Learning Standards (SEL)

Goal 1: Develop self-awareness and self-management skills to achieve school and life success.

A. Identify and Manage One's emotions and behavior	Describe a range of emotions and the situations that cause them.	1A. 2a
	Describe and demonstrate ways to express emotions in a socially acceptable manner.	1A. 2b
B. Recognize personal qualities and external supports.	Describe personal skills and interests that one wants to develop	1B. 2a
	Explain how family members, peers, school personnel, and community members can support school success and responsible behavior.	1B. 2b
C. Demonstrate skills related to achieving personal and academic goals.	Describe the steps in setting and working toward goal achievement.	1C. 2a
	Monitor progress on achieving a short-term personal goal.	1C. 2b

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

A: Recognize the feelings and perspectives of others.	Identify verbal, physical, and situational cues that indicate how others may feel.	2A. 2a
	Describe the expressed feelings and perspectives of others.	2A. 2b
B: Recognize individual and group similarities and differences.	Identify differences among and contributions of various social and cultural groups.	2B. 2a
	Demonstrate how to work effectively with those who are different from oneself.	2B. 2b
C: Use communication and social skills to interact effectively with others.	Describe approaches for making and keeping friends.	2C. 2a
	Analyze ways to work effectively in groups.	2C. 2b
D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.	Describe causes and consequences of conflicts.	2D. 2a
	Apply constructive approaches in resolving conflicts.	2D. 2b

Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

A: Consider ethical, safety, and societal factors in making decisions.	Demonstrate the ability to respect the rights of self and others.	3A. 2a
	Demonstrate knowledge of how social norms affect decision making and behavior.	3A. 2b
B: Apply decision-making skills to deal responsibly with daily academic and social situations.	Identify and apply the steps of systematic decision making.	3B. 2a
	Generate alternative solutions and evaluate their consequences for a range of academic and social situations.	3B. 2b
C. Contribute to the well-being of one's school and community.	Identify and perform roles that contribute to the school community.	3C. 2a
	Identify and perform roles that contribute to one's local community.	3C. 2b

**Goal 1:
Develop self-awareness
and self-management
skills to achieve school
and life success.**

Several key sets of skills and attitudes provide a strong foundation for achieving school and life success. One involves knowing your emotions, how to manage them, and ways to express them constructively. This enables one to handle stress, control impulses, and motivate oneself to persevere in overcoming obstacles to goal achievement. A related set of skills involves accurately assessing your abilities and interests, building strengths, and making effective use of family, school, and community resources. Finally, it is critical for students to be able to establish and monitor their progress toward achieving academic and personal goals.

**Goal 2: Use social-
awareness and
interpersonal skills to
establish and maintain
positive relationships.**

Building and maintaining positive relationships with others are central to success in school and life and require the ability to recognize the thoughts, feelings, and perspectives of others, including those different from one's own. In addition, establishing positive peer, family, and work relationships requires skills in cooperating, communicating respectfully, and constructively resolving conflicts with others.

**Goal 3: Demonstrate
decision-making skills
and responsible
behaviors in personal,
school, and community
contexts.**

Promoting one's own health, avoiding risky behaviors, dealing honestly and fairly with others, and contributing to the good of one's classroom, school, family, community, and environment are essential to citizenship in a democratic society. Achieving these outcomes requires an ability to make decisions and solve problems on the basis of accurately defining decisions to be made, generating alternative solutions, anticipating the consequences of each, and evaluating and learning from one's decision making.