

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	Recognize and accurately label emotions and how they are linked to behavior	1A. 1a
	Demonstrate control of impulsive behavior.	1A. 1b
B. Recognize personal qualities and external supports.	Identify one's likes and dislikes, needs and wants, strengths and challenges.	1B. 1a
	Identify family, peer, school, and community strengths.	1B. 1b
C. Demonstrate skills related to achieving personal and academic goals.	Describe why school is important in helping students achieve personal goals.	1C. 1a
	Identify goals for academic success and classroom behavior.	1C. 1b

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

A: Recognize the feelings and perspectives of others.	Recognize that others may experience situations differently from oneself.	2A. 1a
	Use listening skills to identify the feelings and perspectives of others.	2A. 1b
B: Recognize individual and group similarities and differences.	Describe the ways that people are similar and different.	2B. 1a
	Describe positive qualities in others.	2B. 1b
C: Use communication and social skills to interact effectively with others.	Identify ways to work and play well with others	2C. 1a
	Demonstrate appropriate social and classroom behavior.	2C. 1b
D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.	Identify problems and conflicts commonly experienced by peers.	2D. 1a
	Identify approaches to resolving conflicts constructively.	2D. 1b

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.	Explain why unprovoked acts that hurt others are wrong.	3A. 1a
	Identify social norms and safety considerations that guide behavior.	3A. 1b
B: Apply decision-making skills to deal responsibly with daily academic and social situations.	Identify a range of decisions that students make at school	3B. 1a
	Make positive choices when interacting with classmates.	3B. 1b
C. Contribute to the well-being of one's school and community.	Identify and perform roles that contribute to one's classroom.	3C. 1a
	Identify and perform roles that contribute to one's family.	3C. 1b

<p>Goal 1: Develop self-awareness and self-management skills to achieve school and life success.</p>	<p>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.</p>
<p>Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.</p>	<p>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.</p>
<p>Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.</p>	<p>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.</p>