

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	Analyze factors that create stress or motivate successful performance.	1A. 3a
	Apply strategies to manage stress and to motivate successful performance.	1A. 3b
B. Recognize personal qualities and external supports.	Analyze how personal qualities influence choices and successes.	1B. 3a
	Analyze how making use of school and community supports and opportunities can contribute to school and life success.	1B. 3b
C. Demonstrate skills related to achieving personal and academic goals.	Set a short-term goal and make a plan for achieving it.	1C. 3a
	Analyze why one achieved or did not achieve a goal.	1C. 3b

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

A: Recognize the feelings and perspectives of others.	Predict others' feelings and perspectives in a variety of situations.	2A. 3a
	Analyze how one's behavior may affect others.	2A. 3b
B: Recognize individual and group similarities and differences.	Explain how individual, social, and cultural differences may increase vulnerability to bullying and identify ways to address it.	2B. 3a
	Analyze the effects of taking action to oppose bullying based on individual and group differences.	2B. 3b
C: Use communication and social skills to interact effectively with others.	Analyze ways to establish positive relationships with others.	2C. 3a
	Demonstrate cooperation and teamwork to promote group effectiveness.	2C. 3b
D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.	Evaluate strategies for preventing and resolving interpersonal problems.	2D. 3a
	Analyze how conflict-resolution skills contribute to work within a group.	2D. 3b

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.	Evaluate how honesty, respect, fairness, and compassion enable one to take the needs of others into account when making decisions.	3A. 2a
	Analyze the reasons for school and societal rules.	3A. 2b
B: Apply decision-making skills to deal responsibly with daily academic and social situations.	Analyze how decision-making skills improve study habits and academic performance.	3B. 2a
	Evaluate strategies for resisting pressures to engage in unsafe or unethical activities.	3B. 2b
C. Contribute to the well-being of one's school and community.	Evaluate one's participation in efforts to address an identified school need.	3C. 2a
	Evaluate one's participation in efforts to address an identified need in 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.