

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	Evaluate how expressing one's emotions in different situations affects others.	1A. 5a
	Evaluate how expressing more positive attitudes influences others.	1A. 5b
B. Recognize personal qualities and external supports.	Implement a plan to build on a strength, meet a need, or address a challenge.	1B. 5a
	Evaluate how developing interests and filling useful roles support school and life success.	1B. 5b
C. Demonstrate skills related to achieving personal and academic goals.	Set a post-secondary goal with action steps, timeframes, and criteria for evaluating achievement.	1C. 5a
	Monitor progress toward achieving a goal, and evaluate one's performance against criteria.	1C. 5b
Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.		
A: Recognize the feelings and perspectives of others.	Demonstrate how to express understanding of those who hold different opinions.	2A. 5a
	Demonstrate ways to express empathy for others.	2A. 5b
B: Recognize individual and group similarities and differences.	Evaluate strategies for being respectful of others and opposing stereotyping and prejudice.	2B. 5a
	Evaluate how advocacy for the rights of others contributes to the common good.	2B. 5b
C: Use communication and social skills to interact effectively with others.	Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families.	2C. 5a
	Plan, implement, and evaluate participation in a group project.	2C. 5b
D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.	Evaluate the effects of using negotiation skills to reach win-win solutions.	2D. 5a
	Evaluate current conflict-resolution skills and plan how to improve them.	2D. 5b
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.	Apply ethical reasoning to evaluate societal practices.	3A. 5a
	Examine how the norms of different societies and cultures influence their members' decisions and behaviors.	3A. 5b
B: Apply decision-making skills to deal responsibly with daily academic and social situations.	Analyze how present decision making affects college and career choices.	3B. 5a
	Evaluate how responsible decision making affects interpersonal and group relationships.	3B. 5b
C. Contribute to the well-being of one's school and community.	Work cooperatively with others to plan, implement, and evaluate a project to meet an identified school need.	3C. 5a
	Work cooperatively with others to plan, implement, and evaluate a project that addresses an identified need in the broader community.	3C. 5b

<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>