

THE 7 MINDSETS TEN SOCIAL AND EMOTIONAL LEARNING (SEL) COMPETENCIES

Crandall ISD is implementing the 7 Mindsets Web-based SEL Program for all students to help support their social and emotional well-being. We want to equip students with the skills needed to impact the world positively. Unlike other SEL programs that focus five SEL competencies, the 7 Mindsets program targets ten SEL competencies for students' emotional development.

SELF-AWARENESS

Students will develop self-awareness skills to have knowledge of one's emotions, to develop an accurate and positive self-concept, and to recognize individual strengths and external support systems.

SELF-MANAGEMENT

Students will develop and demonstrate self-management skills and resiliency to regulate emotions and to monitor and achieve behaviors related to school and life success.

SOCIAL AWARENESS

Students will develop social-awareness skills needed to establish and maintain positive relationships.

RELATIONSHIP SKILLS

Students will demonstrate interpersonal skills needed to establish and maintain positive relationships.

DECISION-MAKING SKILLS

Students will demonstrate decision-making skills, problem-solving skills, and responsible behaviors in school, as well as in personal and community contexts.

RESILIENCE

Students will build authentic self-confidence and demonstrate the ability to deal with adversity and persist through multi-step complex efforts.

GROWTH MINDSET

Students will gain a mindset that values and actively seeks personal development and growth instead of extrinsic rewards and recognitions.

EMPATHY

Students will develop compassion, awareness of other cultures and perspectives, and an orientation toward empowering others.

CULTURAL COMPETENCE

Students will build the ability to live and work effectively in culturally diverse environments and enact a commitment to fairness and to the full participation of all members.

HOPE

Students will create positive beliefs in one's own abilities and those of other people, and focus on the possibilities for the future.

