



# Self-Awareness

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior and the capacity to accurately assess one's strengths and limitations. Exhibits growth mind-set with a well-grounded sense of confidence and optimism.

**I KNOW MYSELF.**

Self-Awareness SEL Competencies	7-9 Grades	10-12 Grades
1. Demonstrate an awareness of own emotions and the complexities of different emotions.	<ul style="list-style-type: none"> <li>Explains the possible outcomes associated with the different forms of communicating emotions.</li> <li>Identifies emotional states that contribute to or detract from ability to problem solve.</li> <li>Describe what triggers one's emotions in specific situations.</li> </ul>	<ul style="list-style-type: none"> <li>Recognizes how positive and negative expressions of emotions affect others.</li> <li>Identifies personal emotions as valid, regardless of how others expect them to feel.</li> <li>Understands the effect of self-talk on emotions.</li> </ul>
2. Demonstrate an awareness of personal qualities, interests, and strengths.	<ul style="list-style-type: none"> <li>Utilizes interests to gain additional experiences toward mastery of a skill or concept.</li> <li>Evaluates influence of personal strengths, qualities, and interests on decision-making and goal setting.</li> <li>Identifies interaction between personal qualities and interests with academic activities and social opportunities.</li> <li>Implements a plan to build on strengths or address limitations.</li> </ul>	<ul style="list-style-type: none"> <li>Respects likes, dislikes, and personal preferences of others.</li> <li>Identifies the skills and credentials required to enter a profession and begins to prepare with setting realistic goals based on personal qualities, interests, strengths, and limitations.</li> <li>Recognizes the importance of personal qualities and interests in decision making.</li> <li>Demonstrates confidence based on an accurate self-assessment of strengths.</li> </ul>
3. Demonstrate a sense of personal responsibility and advocacy.	<ul style="list-style-type: none"> <li>Identifies areas of school and life that are within personal control.</li> <li>Demonstrates an ability to take responsibility for one's choices.</li> <li>Recognizes, establishes, and adheres to personal boundaries and responsibilities.</li> <li>Explains the connection between choice and responsibility and consequences.</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrates an ability to take responsibility for one's choices.</li> <li>Recognizes the level of control one has over situations in life.</li> <li>Identifies and describes knowledge and skills one can use as a responsible citizen.</li> <li>Analyzes the effect that taking responsibility or not taking responsibility can have on oneself and others.</li> </ul>

<p>4. Identify external and community resources and supports.</p>	<ul style="list-style-type: none"><li>• Identifies positive peer/adult support when needed.</li><li>• Recognizes outside influences on the development of personal traits and discerns whether they are supportive or non-supportive.</li></ul>	<ul style="list-style-type: none"><li>• Identifies school support personnel and adult role models and how and when to use them.</li><li>• Identifies community support organizations.</li><li>• Assembles/creates constructive support systems that contribute to school and life success.</li></ul>
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