# SELF-MANAGEMENT

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations, effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

**I AM IN CHARGE OF MYSELF.**

| Self-Management SEL Competencies | 7-9 Grades | 10-12 Grades |
|---|---|---|
| 1. Set, monitor, adapt, and evaluate personal and academic goals to achieve success in school and life. | • Designs actions plans for achieving short-term and long-term goals and establishing timelines.<br>• Applies self-monitoring strategies and sets criteria for evaluating successful goal attainment.<br>• Identifies and utilizes potential resources for achieving goals (e.g., home, school, and community support).<br>• Identifies and sets academic, personal, and potential college and career goals. | • Incorporates personal management skills (i.e., time management, organization skills) on a daily basis.<br>• Sets academic and personal goals that lead to postsecondary goals with action steps, timeframes, and criteria for evaluating achievement.<br>• Monitors, adapts, and evaluates goals to achieve success in school and life. •Identifies outside resources that can help in achieving one's goal. |
| 2. Understand and use strategies for managing his/her emotions and behaviors constructively. | • Recognizes the affective behavioral responses to thoughts, emotions, and actions.<br>• Reflects on possible consequences, both positive and negative, before expressing an emotion or behavior<br>• Maintains confidence during stress, emotional responses, or changing emotions. | • Demonstrates the ability to reframe difficult situations into opportunities that promote resilience and optimism.<br>• Evaluates how thoughts and emotions affect decision making and responsible behavior<br>• Understands the effect of self-monitoring (self-talk) strategies on emotions and actions and behaviors<br>• Recognizes and evaluates how expressing one's emotions might affect or influence others.<br>• Identifies and practices strategies for coping with and overcoming feelings of rejection, social isolation, and other forms of stress. |