



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.

SEL Academic Integrated Strategies

7-12 Integrated SEL Strategies Self-Management

- Provide students opportunities to reflect on their learning and make goals for the future.
- Practice mindfulness moments and brain breaks in the classroom.
- Discuss hypothetical stressful situations students may encounter and ways to manage them.
- Have students develop a graphic organizer that compares and contrasts ways to express feelings.
- Create a visual timeline to show students how much of a person's life is spent working, going to school, spending time with family, sleeping, and having personal time.
- Use biographies to discuss how people persevered through hard times to turn their lives around or reach a goal.
- Have students share a work product in which they receive constructive feedback from the teacher and their peers and develop next steps to improve.
- Ask students to demonstrate in a science class or in a math problem, ways to reframe the problem and compare that to ways to reframe life problems.
- Discuss with students the importance of living a healthy lifestyle to manage stress and achieve a work/life balance.
- Notice and reinforce qualities that are key to resilience (e.g., empathy, optimism, or forgiveness), and give students a chance to practice them.
- Have students create a timeline for the admissions process for a selected postsecondary institution.