



# Self-Awareness

I understand who I am, and how my feelings about myself and others influence my actions. I know my strengths and opportunities for growth. I know when I need help and how to get help.

- What am I good at and how do I know?
- When I don't understand something or need help, what do I do?
- What am I feeling right now and how can I act in a way that is helpful for myself and others?

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***Social and emotional learning (SEL)** is a process through which children and adults develop the fundamental skills for life effectiveness. We need SEL skills for ourselves, our relationships, and our work. In OUSD, we believe that strengthening these skills enhances our ability to effectively and ethically connect across race, class, culture, language, gender identity, sexual orientation, learning needs, and age.*



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