



# Social & Emotional Learning

The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts. This includes the capacities to feel compassion for others, understand broader historical and social norms for behavior in different settings, and recognize family, school, and community resources and supports.

The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes the capacity to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, purpose, optimism, and a "growth mindset".

The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly – orally, written, and visual forms of communication, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed.

