

EVERY person will learn, comprehend, apply, and excel in utilizing the following Social Emotional Learning skills:

Self-Awareness

The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well-grounded sense of confidence and purpose.

ECISD expected attributes of SELF-AWARENESS:

- Label Feelings
- Understand Emotions
- Understand Identity
- Identify One's Beliefs and Values
- Recognize Strengths and Cultural Assets
- Awareness of Beliefs, Mindsets, and Biases
- Self-Efficacy
- Growth Mindset
- Maintain Optimistic Attitude
- Self-Confidence

Self-Management

The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel the motivation and agency to accomplish personal and collective goals.

ECISD expected attributes of SELF MANAGEMENT:

- Advocacy
- Agency
- Confidence
- Coping Skills
- Determination
- Energy Modulation
- Grit
- Impulse control
- Organizational Skills
- Promotion
- Self-Discipline
- Self-Regulation
- Self-Worth
- Self-Motivation
- Set and Achieve Goals
- Stress Management

Social Awareness

The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and 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 support.

ECISD expected attributes of SOCIAL AWARENESS:

- Appreciate Diversity
- Digital Safety
- Digital Citizenship
- Display Empathy
- Perspective Taking
- Recognize Cultural Demands and Opportunities
- Recognize Family, School, and Community Supports
- Safety
- Understand Equality and Recognize Inequality
- Understand Equity and Recognize Issues of Inequity
- Understand Social and Ethical Norms of Behavior

Relationship Skills

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, 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.

ECISD expected attributes of RELATIONSHIP SKILLS:

- Build Relationships with Diverse Individuals and Groups
- Clear and Direct Communication
- Collaborative Problem Solving Skills
- Conflict Management
- Cultural Competence
- Earn and Give Respect to Others
- Healthy Relationships with and Between Staff
- Social Engagement
- Teamwork
- Work Cooperatively

Responsible Decision-Making

The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations. This includes the capacities to consider ethical standards and safety concerns, and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being.

ECISD expected attributes of RESPONSIBLE DECISION MAKING SKILLS:

- Analyze Impact of Individual Decisions and Actions
- Analyze Impact of Institutional Decisions and Actions
- Create Inclusive Solutions
- Health
- Identify Problems
- Identify Inequity
- Personal Reflection
- Recognize Own Responsibility
- Behave Ethically