

Figure 1. Washington State's Social Emotional Learning Standards and Benchmarks

Self	Social
<p>Standard 1: Self-Awareness—Individual can identify their emotions, personal assets, areas for growth, and potential external resources and supports.</p>	<p>Standard 4: Social Awareness—Individual can take the perspective of and empathize with others from diverse backgrounds and cultures.</p>
<p><u>Benchmark 1A</u>: Demonstrates awareness and understanding of one’s own emotions and emotions’ influence on behavior.</p> <p><u>Benchmark 1B</u>: Demonstrates awareness of personal and collective identity encompassing strengths, areas for growth, aspirations, and cultural and linguistic assets.</p> <p><u>Benchmark 1C</u>: Demonstrates self-awareness and understanding of external influences, e.g., culture, family, school, and community resources and supports.</p>	<p><u>Benchmark 4A</u>: Demonstrates awareness of other people’s emotions, perspectives, cultures, languages, histories, identities, and abilities.</p> <p><u>Benchmark 4B</u>: Demonstrates an awareness and respect for similarities and differences among community, cultural and social groups.</p> <p><u>Benchmark 4C</u>: Demonstrates an understanding of the variation within and across cultures.</p>
<p>Standard 2: Self-Management—Individual can regulate emotions, thoughts, and behaviors.</p>	<p>Standard 5: Social Management—Individual can make safe and constructive choices about personal behavior and social interactions.</p>
<p><u>Benchmark 2A</u>: Demonstrates the skills to manage one’s emotions, thoughts, impulses, and stress in constructive ways.</p> <p><u>Benchmark 2B</u>: Demonstrates responsible decision-making and problem-solving skills.</p>	<p><u>Benchmark 5A</u>: Demonstrates a range of communication and social skills to interact effectively with others.</p> <p><u>Benchmark 5B</u>: Demonstrates the ability to identify and take steps to resolve interpersonal conflicts in constructive ways.</p> <p><u>Benchmark 5C</u>: Demonstrates the ability to engage in respectful and healthy relationships with individuals of diverse perspectives, cultures, language, history, identity, and ability.</p>
<p>Standard 3: Self-Efficacy—Individual can motivate themselves, persevere, and see themselves as capable.</p>	<p>Standard 6: Social Engagement—Individual can consider others and show a desire to contribute to the well-being of school and community.</p>
<p><u>Benchmark 3A</u>: Demonstrates the skills to set, monitor, adapt, persevere, achieve, and evaluate goals.</p> <p><u>Benchmark 3B</u>: Demonstrates problem-solving skills to engage responsibly in a variety of situations.</p> <p><u>Benchmark 3C</u>: Demonstrates awareness and ability to speak on behalf of personal rights and advocacy.</p>	<p><u>Benchmark 6A</u>: Demonstrates a sense of school and community responsibility.</p> <p><u>Benchmark 6B</u>: Demonstrates the ability to work with others to set, monitor, adapt, achieve, and evaluate goals.</p> <p><u>Benchmark 6C</u>: Contributes productively to one’s school, workplace, and community.</p>