

## WHAT IS SEL?

Social and emotional learning (SEL) is the process of understanding and managing emotions, goals, empathy, relationships, and decisions.

### Admit When You've Made a Mistake

The character of a person shows in the way they behave. Learn to be confident about your abilities, so you develop healthy behaviors, like apologizing when you're wrong and choosing not to smoke because it's unhealthy.

### Keep a Planner and Use It

Developing organizational skills gives you self-awareness about how you need to structure your life's tasks.

### How to Cook

Taking care of yourself requires skills like finding recipes, making food lists, and pulling it all together as a meal.

### How to Find a Job

From interview skills to writing a resume, learning to work for your money is great for self-esteem and feeling ready for the world.

### Understand Navigation in the World

Learning to use a map, GPS, and a bus schedule promotes self-awareness and social-awareness. There's a world of rules about how to get yourself around with or without your own transportation.

### Find Solutions to Problems

It's great to ask for help and go to the right people when you need it, but it's also important to discover your own ways to solve problems. Relying on yourself is critical to being independent.

### Coping With Emotions

It's not okay to cry over everything or throw a tantrum, anymore. Those days are over. Instead, find positive ways (like running or cooking) to calm yourself down and deal.

### Being Flexible

Things may not turn out as you hope but being able to be okay with a new path will help you be more resilient.

### Make an Appointment

Learning skills that require phone calls and asking for detailed information builds communication skills.

### Take Responsibility for Completing Work

If you only do things when people ask you to—this includes dishes and filling the car with gas—you aren't independent yet.

### Update Your Devices

Just because your devices are working properly doesn't mean an update isn't necessary. This will help you solve unexpected problems instead of preventable ones.

### Know the Value of Money

The best way to learn about money is to earn it, save it, and make a budget to help you spend it.

### Filling the Car With Gas

Just because you've been to a gas station doesn't mean you know how to recognize your tank is low, remove the gas cap, and fill it properly. Maintenance pays off when you have a car that works every time you need it.

### Turn Your Phone Off When You Need to Focus

Don't rely on your ability to resist your phone's notifications. People have spent millions to develop apps that get you to pay attention to your phone. Instead, turn it off when you need to drive, walk someplace, or do your homework.

### Bounce Back When a Relationship Goes Sour

If you think things will always go well for you, think again. But that's okay, it's how you recover from tough times that shows how resilient you are.

# LIFE SKILLS

EVERY TEEN SHOULD KNOW  
They also build social-emotional skills.