

Social Emotional Competencies

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	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision Making
	<p>Abilities to understand one's own emotions, thoughts, values, and how they influence behavior. Recognizing one's strengths and limitations with a well grounded sense of confidence and purpose.</p>	<p>Abilities to manage one's emotions, thoughts and behaviors effectively in different situations and to achieve goals and aspirations. Capacities to delay gratification, manage stress and feel motivation and agency to accomplish personal/collective goals.</p>	<p>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 social norms for behavior in different settings and recognize family, school and community resources and supports.</p>	<p>Abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. Capabilities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict, provide leadership and seek and or offer help when needed.</p>	<p>Abilities to make caring and constructive choices about personal behavior and social interactions across different situations. Including the capabilities to consider ethical standards and safety concerns and to evaluate the benefits of consequences of various actions for personal, social and collective well being.</p>
	<ul style="list-style-type: none"> Identifying one's emotions Demonstrating honesty and integrity Linking feelings, values and thoughts 	<ul style="list-style-type: none"> Managing one's emotions Identifying and using stress management strategies Exhibiting self discipline and motivation 	<ul style="list-style-type: none"> Taking other's perspectives Recognizing strengths in others Demonstrating empathy & compassion Showing concern for the feelings of others 	<ul style="list-style-type: none"> Communicating effectively Developing positive relationships Demonstrating cultural competency Practicing teamwork and collaborative problem solving 	<ul style="list-style-type: none"> Demonstrating curiosity and open mindedness Identifying solutions for personal and social problems Learning to make a reasoned judgement after analyzing information, data and facts Anticipating and evaluating the consequences of one's actions
	<ul style="list-style-type: none"> Examining prejudices and biases Having a growth mindset Developing interests and a sense of purpose 	<ul style="list-style-type: none"> Setting personal and collective goals Using planning and organizational skills Showing the courage to take initiative 	<ul style="list-style-type: none"> Understanding and expressing gratitude Understanding the influences of organizations/systems on behavior 	<ul style="list-style-type: none"> Resolving conflicts and constructively resisting negative social pressure Showing leadership in groups Seeking and or offering help when needed 	<ul style="list-style-type: none"> Recognizing how critical thinking skills are useful both inside and outside of school Reflecting on one's role to promote personal, family and community well being Evaluating personal, interpersonal, community and institutional impacts.
	<ul style="list-style-type: none"> Integrating personal and social identities Identifying personal, cultural and linguistic assets 	<ul style="list-style-type: none"> Demonstrating personal and collective agency 		<ul style="list-style-type: none"> Standing up for the rights of others 	