

# SEL Competencies

## SELF-AWARENESS (SA)

The ability to recognize one's emotions, thoughts, feelings, and values and understand how they influence one's behavior. SA elements include:

- Labeling one's feelings
- Relating feelings / thoughts to behavior
- Identifying one's beliefs and values
- Accurate self-assessment of strengths and challenges
- Self-efficacy
- Maintaining an optimistic attitude

## SELF-MANAGEMENT (SM)

The ability to successfully regulate one's own emotions, thoughts and behaviors in different situations - effectively managing stress, controlling impulses and motivating themselves. SM elements include:

- Managing stress
- Regulating one's emotions
- Self-control
- Self-motivation
- Setting and achieving goals

## RESPONSIBLE DECISION-MAKING (RDM)

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns and social norms. RDM elements include:

- Considering the well-being of self and others
- Recognizing one's responsibility to behave ethically
- Basing decisions on a range of considerations
- Evaluating realistic outcomes of various actions
- Making constructive, safe choices for self, relationships, and school

## SOCIAL-AWARENESS (SoA)

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. SoA elements include:

- Perspective taking
- Empathy
- Respecting diversity
- Understanding social and ethical norms of behavior
- Recognizing family, school, and community supports

## RELATIONSHIP SKILLS (RS)

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. RS elements include:

- Communicating clearly
- Building relationships with diverse individuals and groups
- Working cooperatively
- Resolving conflicts
- Seeking help when needed

