

SEL SKILL SETS & COMPETENCIES

IDENTITY

(self-awareness & self-management)

- *Identify and recognize emotions
- *Achieve accurate self-perception
- *Self-monitor
- *Persist
- *Cope
- *Accept responsibility
- *Self-accept
- *Recognize strengths, needs, and values
- *Have self-efficacy
- *Manage impulse control
- *Manage stress
- *Self-motivate
- *Have discipline
- *Learn how to set goals
- *Develop organizational skills
- *De-escalate emotions

BELONGING

(social awareness & relationship skills)

- *Recognize diverse thoughts, feelings, and perspectives
- *Cooperate
- *Communicate respectfully
- *Resolve conflict respectfully
- *Learn to have perspective on a situation
- *Be empathic
- *Appreciate diversity
- *Respect others
- *Relate effectively to other people
- *Foster social engagement
- *Build relationships
- *Negotiate refusal
- *Manage conflict
- *Seek and provide help
- *Have awareness of social norms and values
- *Respect human dignity
- *Have concern and compassion for others
- *Develop motivation to solve interpersonal problems
- *Develop motivation to contribute
- *Develop multicultural awareness
- *Make friends
- *Community
- *Relate to family

AGENCY

(responsible decision making)

- *Promote one's own health
- *Avoid risky behaviors
- *Deal honestly and fairly with others
- *Contribute to the good of one's classroom, school, family, community, and environment
- *Generate alternative solutions
- *Anticipate the consequences
- *Evaluate and learn from one's decision-making
- *Identify problems
- *Analyze situations
- *Solve problems
- *Evaluate and reflect
- *Take personal, moral, and ethical responsibility
- *Plan realistic and adaptive response strategies
- *Think of alternative solution
- *Leadership

