

# Social Emotional Learning Standards (SEL)

Goal 1: Develop self-awareness and self-management skills to achieve school and life success.		
A. Identify and Manage One's emotions and behavior	Analyze how thoughts and emotions affect decision making and responsible behavior.	1A.4a
	Generate ways to develop more positive attitudes.	1A.4b
B. Recognize personal qualities and external supports.	Set priorities in building on strengths and identifying areas for improvement.	1B.4a
	Analyze how positive adult role models and support systems contribute to school and life success.	1B.4b
C. Demonstrate skills related to achieving personal and academic goals.	Identify strategies to make use of resources and overcome obstacles to achieve goals.	1C.4a
	Apply strategies to overcome obstacles to goal achievement.	1C.4b
Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.		
A: Recognize the feelings and perspectives of others.	Analyze similarities and differences between one's own and others' perspectives.	2A.4a
	Use conversation skills to understand others' feelings and perspectives.	2A.4b
B: Recognize individual and group similarities and differences.	Analyze the origins and negative effects of stereotyping and prejudice.	2B.4a
	Demonstrate respect for individuals from different social and cultural groups.	2B.4b
C: Use communication and social skills to interact effectively with others.	Evaluate the effects of requesting support from and providing support to others.	2C.4a
	Evaluate one's contribution in groups as a member and leader.	2C.4b
D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.	Analyze how listening and talking accurately help in resolving conflicts.	2D.4a
	Analyze how conflict-resolution skills contribute to work within a group.	2D.4b
Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.		
A: Consider ethical, safety, and societal factors in making decisions.	Demonstrate personal responsibility in making ethical decisions.	3A.4a
	Evaluate how social norms and the expectations of authority influence personal decisions and actions.	3A.4b
B: Apply decision-making skills to deal responsibly with daily academic and social situations.	Evaluate personal abilities to gather information, generate alternatives, and anticipate the consequences of decisions.	3B.4a
	Apply decision-making skills to establish responsible social and work relationships.	3B.4b
C. Contribute to the well-being of one's school and community.	Plan, implement, and evaluate one's participation in activities and organizations that improve school climate	3C.4a
	Plan, implement, and evaluate one's participation in a group effort to contribute to one's local community.	3C.4b

**Goal 1:  
Develop self-awareness  
and self-management  
skills to achieve school  
and life success.**

Several key sets of skills and attitudes provide a strong foundation for achieving school and life success. One involves knowing your emotions, how to manage them, and ways to express them constructively. This enables one to handle stress, control impulses, and motivate oneself to persevere in overcoming obstacles to goal achievement. A related set of skills involves accurately assessing your abilities and interests, building strengths, and making effective use of family, school, and community resources. Finally, it is critical for students to be able to establish and monitor their progress toward achieving academic and personal goals.

**Goal 2: Use social-  
awareness and  
interpersonal skills to  
establish and maintain  
positive relationships.**

Building and maintaining positive relationships with others are central to success in school and life and require the ability to recognize the thoughts, feelings, and perspectives of others, including those different from one's own. In addition, establishing positive peer, family, and work relationships requires skills in cooperating, communicating respectfully, and constructively resolving conflicts with others.

**Goal 3: Demonstrate  
decision-making skills  
and responsible  
behaviors in personal,  
school, and community  
contexts.**

Promoting one's own health, avoiding risky behaviors, dealing honestly and fairly with others, and contributing to the good of one's classroom, school, family, community, and environment are essential to citizenship in a democratic society. Achieving these outcomes requires an ability to make decisions and solve problems on the basis of accurately defining decisions to be made, generating alternative solutions, anticipating the consequences of each, and evaluating and learning from one's decision making.