

# Social Emotional Learning Standards

**SEL is the process by which children and adults develop and experience foundational skills to be successful in school, college, career, and life. SEL skills support a positive culture, climate, and community.**

## I Am.

Develop **Self-Awareness** in order to:

- Recognize and identify emotions
- Experience optimism
- Embody gratitude
- Cultivate self-efficacy and confidence

Develop **Self-Management** in order to:

- Be self-motivated and disciplined
- Regulate one's emotions and manage stress
- Set and achieve goals

### INDICATORS:

- 1A. Demonstrate a sense of confidence.
- 1B. Express gratitude.
- 1C. Demonstrate ability to recognize and understand one's emotions.
- 1D. Demonstrate optimism.
- 1E. Demonstrate a restorative mindset.
- 2A. Demonstrate ability to be self-disciplined.
- 2B. Demonstrate ability to set and achieve goals.
- 2C. Demonstrate ability to regulate and manage one's emotions.

## We Include.

Develop **Social Awareness** in order to:

- Experience and show empathy
- Affirm and appreciate diversity

Develop **Relationship Skills** in order to:

- Build positive relationships with diverse members in the community
- Communicate positively and clearly

### INDICATORS:

- 3A. Demonstrate respect for the diversity of perspectives, cultures, and race.
- 3B. Demonstrate empathy and ability to share the feelings of others.
- 4A. Demonstrate ability to collaborate with others.
- 4B. Demonstrate the ability to communicate positively using affective language to solve problems.

## We Can.

Develop **Responsible Decision-Making** in order to:

- Base decisions on safety, social, and ethical considerations
- Evaluate, reflect, and consider the well-being of self and others

Develop **Growth-Mindset** in order to:

- Embrace mistake-making and risk-taking
- Strengthen perseverance
- Nurture resilience

### INDICATORS:

- 5A. Demonstrate responsibility by acting independently and reflecting on the impact of one's decisions in the community.
- 5B. Demonstrate integrity by being honest and behaving ethically in all situations.
- 6A. Demonstrate perseverance and steadfastness when challenged or facing difficult situations.
- 6B. Demonstrate resilience.