



Competencies of Social-Emotional Learning (SEL)

Competency	Description
Self-Awareness	Students can communicate personal interests, identify personal strengths and weaknesses, and understand their own emotions and responses.
Self-Management	Students can manage stress, set goals and stay organized. Additionally, students are self-motivated and self-disciplined by working through obstacles and staying focused on their objectives.
Social Awareness	Students are able to adapt to a variety of social situations. They exhibit the ability to empathize with others, identify and react to social cues, express gratitude to others, and care for and about others.
Relationship Skills	Students are able to maintain close relationships and demonstrate conflict resolution skills.
Decision-Making	Students make safe, ethical and appropriate choices that demonstrate care for others and self.