

#1. Self-Awareness

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

Learning Standards

- 1A.** Individual demonstrates an awareness of one's emotions, thoughts, and values.
- 1B.** Individual demonstrates knowledge of personal strengths, challenges, cultural / linguistic assets, and aspirations.
- 1C.** Individual demonstrates awareness of when help is needed and who can provide it.
- 1D.** Individual has a sense of personal rights and responsibilities.

#2. Self-Management

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

Learning Standards

- 2A.** Individual demonstrates the skills to regulate his / her thoughts, emotions, and behaviors constructively.
- 2B.** Individual demonstrates the skills to manage his / her materials, space, time, and responsibilities.
- 2C.** Individual uses effective coping skills when faced with challenges.
- 2D.** Individual identifies and makes progress towards long- and short-term personal and professional goals.

#3. Social Awareness

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

Learning Standards

- 3A.** Individual demonstrates awareness and appreciation for others' emotions, perspectives, backgrounds, cultures, genders, abilities, languages, and identities.
- 3B.** Individual understands and demonstrates respect for others, including those with diverse backgrounds, cultures, gender identities, abilities, and / or sexual orientation.
- 3C.** Individual cooperates effectively to foster community building.
- 3D.** Individual can read social cues and demonstrate expected behaviors for the situation and environment.

#4. Relationship Skills

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

Learning Standards

- 4A.** Individual demonstrates an ability to communicate positively and interact effectively with individuals of diverse backgrounds, cultures, genders, abilities, languages, and identities.
- 4B.** Individual cultivates collaborative relationships with individuals of diverse backgrounds, cultures, genders, abilities, languages, and identities.
- 4C.** Individual demonstrates the skills to respectfully engage in and resolve interpersonal conflicts in a variety of contexts.

#5. Responsible Decision-Making

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

Learning Standards

- 5A.** Individual considers the well-being and safety of self and others when making decisions.
- 5B.** Individual uses a systematic approach for decision-making by considering multiple perspectives and factors to make informed decisions.
- 5C.** Individual applies problem solving skills to deal responsibly with daily academic and social situations.