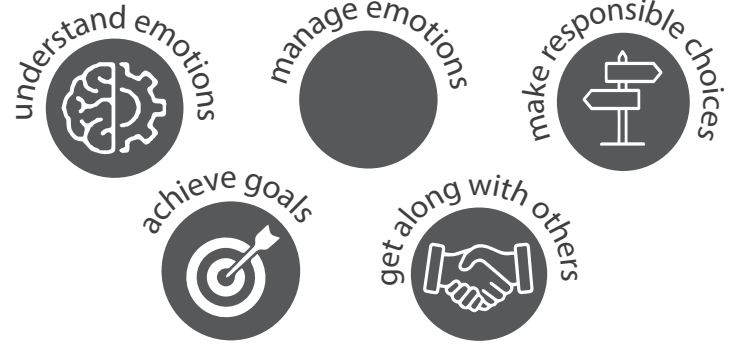


**WHAT:** **Social Emotional Learning** is the process through which children and adults **acquire** and effectively **apply** the knowledge, attitudes and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions.



### WHY: SEL benefits students in many areas:

HIGHER ACADEMIC PERFORMANCE



HIGHER GRADUATION RATES

ATTITUDES TOWARD SCHOOL



LESS REFERRALS

ENHANCES STUDENT SKILLS, ATTITUDES, KNOWLEDGE



### HOW: 5 Competencies

#### SELF-AWARENESS

- Identifying personal, cultural, and linguistic assets
- Identifying one's emotions
- Linking feelings, values, and thoughts
- Examining prejudices and biases
- Having a growth mindset

#### SELF-MANAGEMENT

- Managing one's emotions
- Setting personal and collective goals
- Using planning and organizational skills
- Showing the courage to take initiative

#### RESPONSIBLE DECISION MAKING

- Demonstrating curiosity and open-mindedness
- Identifying solutions for personal and social problems
- Learning to make a reasoned judgment after analyzing information, data, facts
- Reflecting on one's role to promote personal, family, and community well-being

#### SOCIAL AWARENESS

- Taking others' perspectives
- Showing concern for the feelings of others
- Identifying diverse social norms, including unjust ones
- Understanding the influences of organizations/systems on behavior

#### RELATIONSHIP SKILLS

- Communicating effectively
- Developing positive relationships
- Demonstrating cultural competency
- Practicing teamwork and collaborative problem-solving
- Resolving conflicts constructively