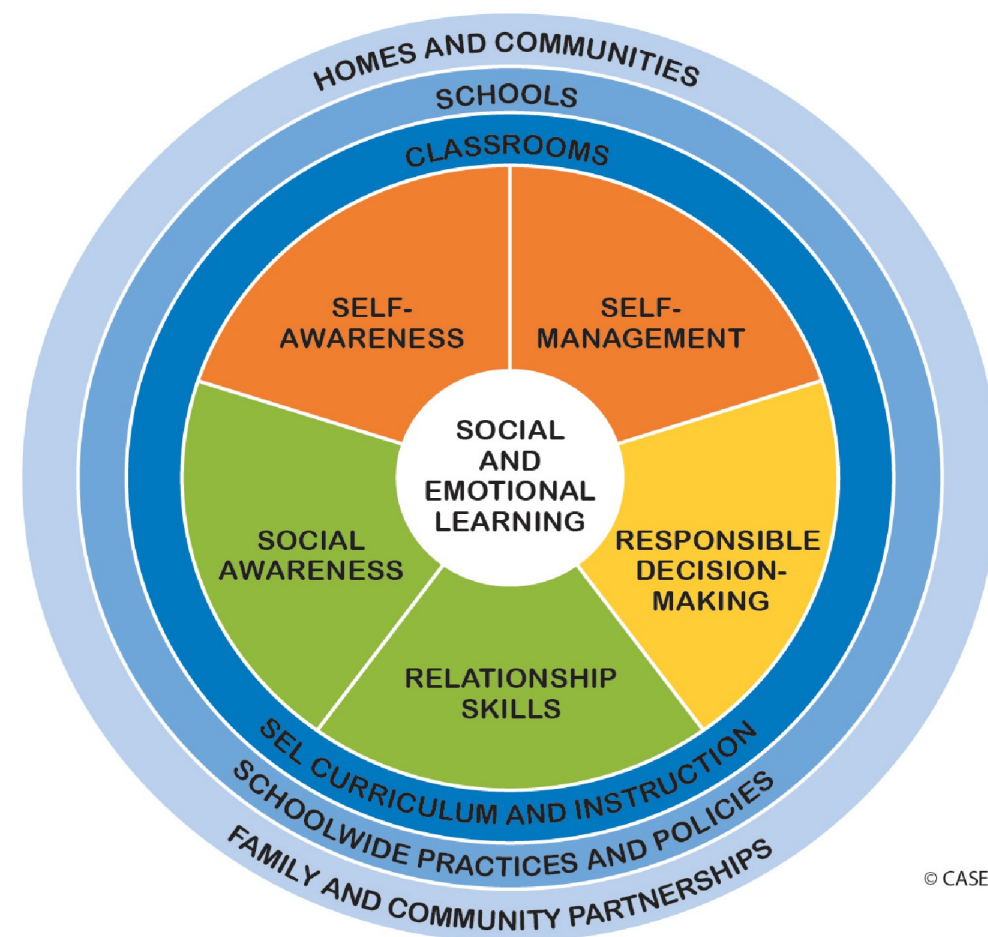# SEL Competencies:
## Self-awareness



- Labeling one's feelings

- Relating feelings and thoughts to behavior

- Accurate self-assessment of strengths and challenges

- Self-efficacy

- Optimism

## Equity considerations:

- Examining the importance of various social identities
- Deriving constructive meanings of social identities
- Grounding in and affirming of cultural heritage(s)

# SEL Competencies:
## Self-management



HOMES AND COMMUNITIES
SCHOOLS
CLASSROOMS

SELF-AWARENESS

SELF-MANAGEMENT

SOCIAL AND EMOTIONAL LEARNING

SOCIAL AWARENESS

RESPONSIBLE DECISION-MAKING

RELATIONSHIP SKILLS

SEL CURRICULUM AND INSTRUCTION
SCHOOLWIDE PRACTICES AND POLICIES
FAMILY AND COMMUNITY PARTNERSHIPS
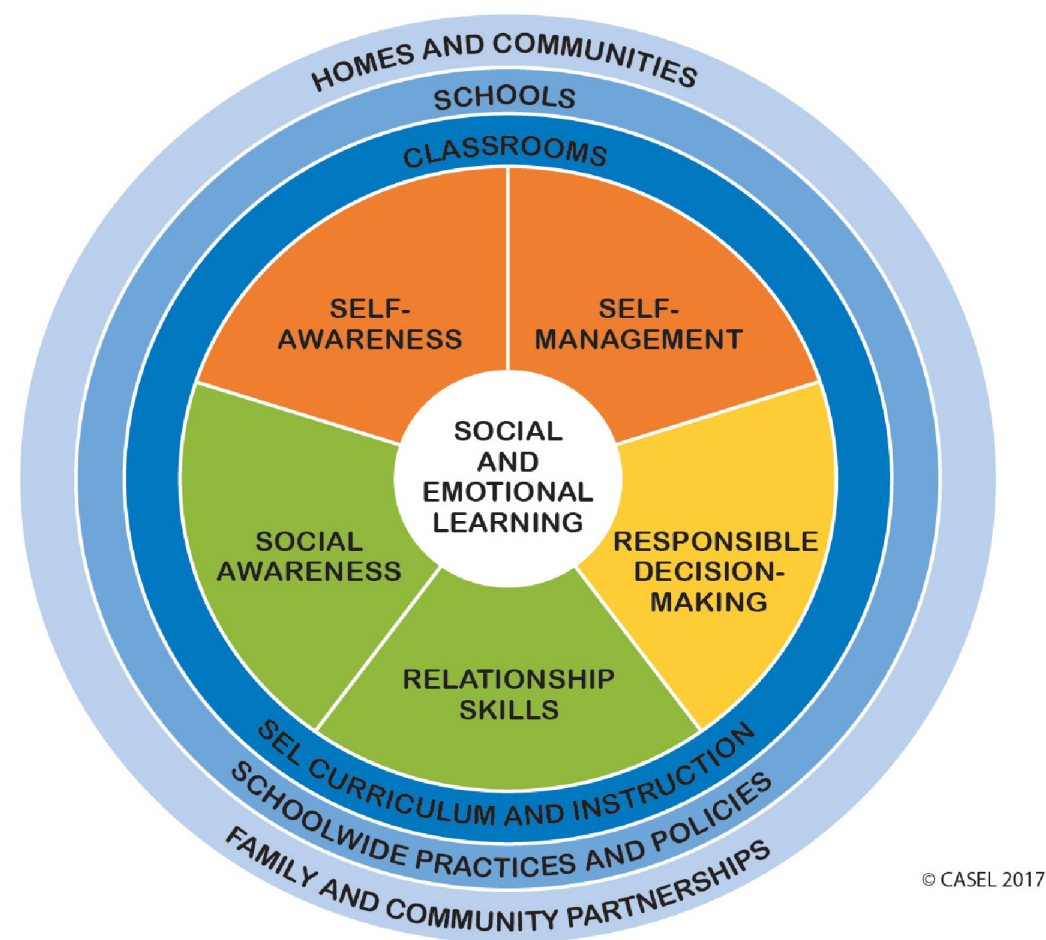
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- Regulating one's emotions

- Managing stress

- Self-control

- Self-motivation

- Stress management

- Setting and achieving goals

## Equity Considerations:
- Coping with acculturative stress
- Coping with discrimination/prejudice

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# SEL Competencies:
## Social awareness



- Perspective taking

- Empathy

- Respect for diversity

- Understanding social/ethical norms

- Recognizing family, school and community supports

## Equity Considerations

- Discerning the importance of diversity (situational)
- Understanding the meaning of diversity in contexts (climate)
- Recognizing cultural demands & opportunities
- Collective efficacy

# SEL Competencies:
## Relationships skills
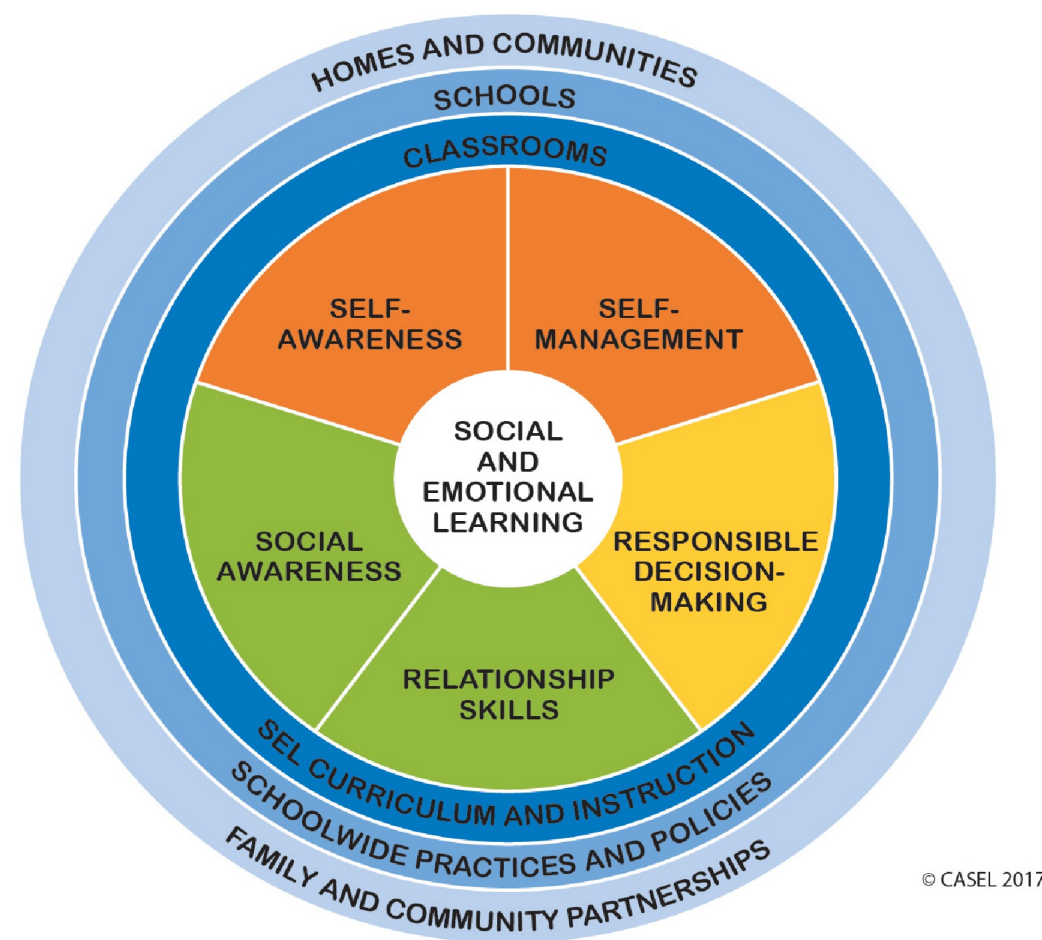


- Building relationships with diverse individuals and groups

- Communicating clearly

- Working cooperatively

- Resolving conflicts

- Seeking help

## Equity Considerations
- Demonstrating cultural competence
- Leveraging cultural fluency

# SEL Competencies:
## Responsible decision-making



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- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility

## Equity Considerations
- Considering diversity salience and climate
- Assessing the impact of one's beliefs and biases
- Pursuing inclusive, mutually beneficial solutions
- Reflecting on the broader ethical consequences of one's decisions for intragroup, intergroup and institutional relations

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