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

- 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
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

- 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