

# WHAT IS SOCIAL-EMOTIONAL LEARNING (SEL)?

## SEL COMPETENCIES

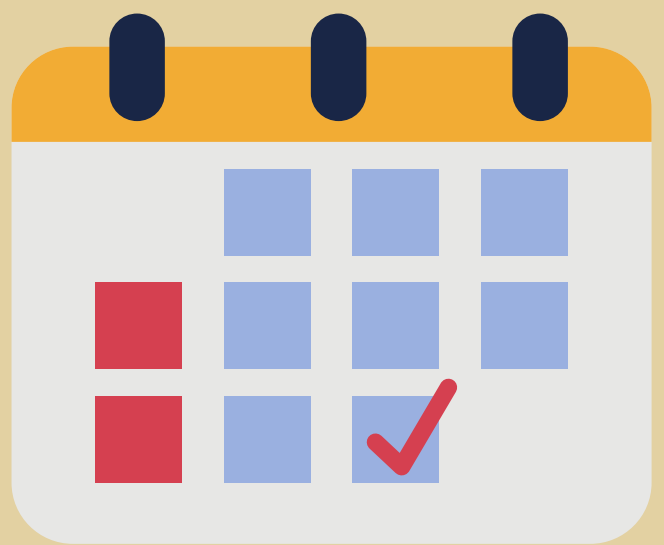


### SELF-AWARENESS

The ability to properly recognize one's own behaviors.

### SELF-MANAGEMENT

The ability to accurately manage one's own behaviors in varying situations.



### SOCIAL AWARENESS

The ability to take the perspective of and empathize with others from diverse backgrounds.

### RELATIONSHIP SKILLS

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups.



### RESPONSIBLE DECISION-MAKING

The ability to make constructive and respectful choices about personal behavior and social interactions.