

The SEL/Executive Function Action Plan

1. Make a copy of this and if you'd like to, share with gvodola@idecorp.com.
2. Pick one or more of the SEL components as your priority from the first column.
3. Explore the links at the top of the sel.idecorp.com page.
4. Write in any ideas you have or what you can do to move toward achieving that priority.
5. Write in any questions you have for us for how we might be able to help you achieve that priority.

Priority	My Plan of Action	Tools/Strategies to Support Goal	What I Need from IDE Corp.
Self-awareness: Know your strengths and limitations, with a well-grounded sense of confidence, optimism, and a “growth mindset.”			
Self-management: Effectively manage stress, control impulses, and motivate yourself to set and achieve goals.			
Relationship skills: Communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.			

Responsible decision-making: Make constructive choices about personal behavior and social interactions based on ethical standards, safety, and social norms.			
Social awareness: Understand the perspectives of others and empathize with them, including those from diverse backgrounds and cultures.			