

SEL Competencies and Objectives

Self Awareness * Self Management * Social Awareness Relationship Skills * Decision Making

Self Awareness	
<i>The ability to recognize emotions, personal and social identities, goals and values and how they influence actions across contexts. The ability to recognize one's personal, cultural and language assets, perceptions and biases with a well-grounded sense of confidence, optimism, and self-efficacy.</i>	→ What are you good at in this class and how do you know you are good at it? → When you don't understand something in this class, what do you do?
Objectives:	Student Look Fors:
SWBAT... • Identify personal, cultural and linguistic assets • Identify prejudices and biases toward people different than oneself • Understand the connections between one's emotions, social contexts, and identity • Demonstrate an accurate self concept based on ones strengths and challenges • Identify when help is needed and who can provide it	• Reflect on their progress as a learner • Express what is easy or hard about the academic discussion and why • Ask for help when needed • Identify their roles and responsibilities during academic discussions

Self Management	
<i>The ability to successfully manage, advocate and persevere to achieve personal and collective goals and objectives. The ability to communicate ideas responsibly and persevere when personal and group-level challenges arise.</i>	→ How do you move toward your goal, especially when you lose focus or are stuck or stressed?
Objectives:	Student Look Fors:
SWBAT... • Regulate their emotions and behaviors in contexts with people different than oneself • Motivate themselves to set and achieve goals	• Manage and express emotions and thoughts in a constructive way • Stay engaged in discussion • Use "I" messages in the social context of academic discussion

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Social Awareness

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand broader historical and social contexts and norms for behavior in different settings, and to recognize family, school, and community supports for self and others.

→ When you are working in a group, how do you make sure it's fair for everyone?

Objectives:

Student Look Fors:

SWBAT...

- Establish and maintain healthy interactions and relationships across diverse communities
- Embrace diversity and take the perspectives of people different from oneself
- Demonstrate empathy for people similar to and different from oneself

- Listen attentively to others' ideas
- Respectfully paraphrase others' ideas
- Engage collaboratively with people different from themselves
- Able to take perspective of people different from themselves
- Add to and build on others' ideas

Relationship Skills

The ability to establish and maintain healthy rewarding relationships and to effectively navigate settings with different social and cultural norms and demands. The ability to communicate clearly, listen actively, cooperate with others, negotiate conflict constructively, seek help when needed.

→ What do you do so that your classmates and teacher have heard and understand your ideas and what you are saying?

Objectives:

Student Look Fors:

SWBAT...

- Relate to people similar to and different than themselves
- Communicate clearly and effectively
- Build, establish, and maintain healthy relationships

- Communicate clearly and effectively with people different from themselves
- Engage in constructive argument
- Give and receive constructive feedback
- Listen, encourage, acknowledged, compromise, work toward consensus
- Express value of collaboration
- Ask questions based on careful listening

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Decision Making	
<i>The ability to make caring, constructive choices about personal behavior and social interactions across settings. Ability to examine ethical standards, safety concerns, and norms. The realistic evaluation of the benefits and consequences of various actions, and to consider collective health and well-being.</i>	➔ When you are working with others, how do you make a decision?
Objectives:	Student Look Fors:
SWBAT... • Problem solve effectively while being respectful of people similar to and different from themselves • Behave responsibly in personal, professional and community contexts • Make constructive and respectful choices that consider the well-being of self and others	• Follow norms established for the discussion • Actively participate in group decision-making process • Generate alternative ideas and solutions • Demonstrate the good of the group • Ask why and what-if questions