

## SEL Competencies

<p><b>Self-Awareness</b></p> <p><b>I am...</b> Recognizing who I am, what I need, and how I feel relative to the world around me.</p>	<p><b>1A Students demonstrate awareness of their needs and emotions.</b> <i>I am aware of what I need and feel.</i></p> <p><b>1B Students demonstrate awareness of their personal traits.</b> <i>I am aware of my traits, know what I do well, and know what areas I can work on.</i></p> <p><b>1C Students demonstrate awareness of their external supports.</b> <i>I am aware of the supports I have around me.</i></p> <p><b>1D Students have a sense of personal responsibility.</b> <i>I am aware of my responsibilities.</i></p>
<p><b>Self-Management</b></p> <p><b>I can...</b> Manage my behavior in pro-social ways.</p>	<p><b>2A Students demonstrate ability to manage their needs and emotions.</b> <i>I can responsibly manage my needs and emotions.</i></p> <p><b>2B Students are genuine and demonstrate honesty/integrity.</b> <i>I can act in a genuine and honest manner.</i></p> <p><b>2C Students use effective choice-making and decision-making skills.</b> <i>I can make good choices and decisions.</i></p> <p><b>2D Students demonstrate increasing levels of independence and the ability to set and achieve goals.</b> <i>I can demonstrate increasing levels of independence and set and achieve goals that will help me to be successful.</i></p>
<p><b>Social Awareness</b></p> <p><b>I care...</b> Demonstrate an awareness of the role and values of others in the greater community.</p>	<p><b>3A Students demonstrate awareness of other people's roles, their emotions and perspectives.</b> <i>I demonstrate knowledge of other people's roles and I care about the feelings and viewpoints of others.</i></p> <p><b>3B Students demonstrate consideration for others and a desire to positively contribute to their community.</b> <i>I care about others and do my part to make my community better.</i></p> <p><b>3C Students demonstrate an awareness of cultural issues and a respect for human dignity and differences.</b> <i>I care about and respect the individual differences of others.</i></p> <p><b>3D Students can respond to and read social or pertinent environmental cues.</b> <i>I care about how I perceive others and am being perceived by them.</i></p>
<p><b>Social Management</b></p> <p><b>I will...</b> Interact with others in meaningful and productive ways.</p>	<p><b>4A Students use positive communication and social skills to interact effectively with others.</b> <i>I will interact well with others.</i></p> <p><b>4B Students develop constructive relationships</b> <i>I will work on having constructive relationships.</i></p> <p><b>4C Students demonstrate the ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.</b> <i>I will deal with interpersonal conflicts constructively.</i></p>

Adapted from Anchorage School District Standards