

Social Awareness and Self Awareness as described by the Minnesota Department of Education

Social Awareness

Social Awareness: The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

Social awareness requires staff and educators to acknowledge, value, support, and respond to the cultural values, traditions, communication, learning styles, contributions, and relational patterns of all students in the classroom. As school districts locally select, develop, prepare and deliver their own curricula, they may want to consider modifying their curricula to critique and redress issues of privilege and bias (e.g., sexism, ageism, ableism, racism, and heteronormative stereotypes).

It is also important that students and educators:

- Understand their own cultural identity and its implications in interactions and toward school.1
- Possess an affirming attitude toward all students.
- Develop constructive ways of engaging each other's practical knowledge.2
- Appreciate multiple and diverse perspectives in the classroom.3
- Examine the systemic structures and ideologies that justify inequalities.4
- Critically reflect on the socio-historic legacy of groups of people not benefitting from and being oppressed by U.S. public systems.
- Acknowledge, value, support, and respond to the cultural values, traditions, communication, learning styles, contributions, and relational patterns of all students in the classroom.

Social Awareness Learning Goals

1. Demonstrates awareness of and empathy for individuals, their emotions, experiences and perspectives through a cross-cultural lens.
2. Demonstrates awareness and respect of groups and their cultures, languages, identities, traditions, values and histories.
3. Demonstrates awareness of how individuals and groups cooperate toward achieving common goals and ideals.
4. Demonstrates awareness of external supports and when supports are needed.

Self Awareness

Self-Awareness: The ability to accurately recognize one's emotions and thoughts and their influence on behavior. This includes accurately assessing one's strengths and limitations, and possessing a well-grounded sense of confidence and optimism.

Ideally, educators integrate evidence-based Social and Emotional Learning (SEL) practices across all subject areas to help students develop their social emotional skills or competencies.

Self Awareness Learning Goals

1. Demonstrates an awareness and understanding of own emotions.
2. Demonstrates awareness of personal strengths, challenges, aspirations and cultural, linguistic, and community assets.
3. Demonstrates awareness of personal rights and responsibilities.