



# Self-Awareness

SEL

Students with strong self-awareness skills can identify their emotions and recognize their strengths and weaknesses. Self-awareness is an important skill for building self-confidence, self-direction and empathy for others.

- I understand how I feel and what motivates me to be successful.
- I think about how my feelings affect my behavior.
- I think about my feelings and how I can act in a way that helps myself and others.
- I know what I am good at, and what I can improve on.
- I have a plan for how I can get better.

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# Self-Management

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Students with self-management skills recognize and control their emotions and behaviors throughout the day. Self-management skills are important for building positive self-control, discipline and motivation. Students with strong self-management skills can accomplish goals by recognizing and working diligently through each step.

- I can recognize situations that make me feel stressed and take appropriate steps to change them.
- I participate fully in classroom routines. I can keep track of whether or not I've accomplished the task at hand.
- I set reasonable goals for myself and can work to achieve them. I stay organized and focused throughout the day.

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# Social-Awareness

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Students with strong social awareness skills can take the perspective of others and empathize with people of diverse backgrounds and cultures. Social awareness helps students understand the expectations for behavior and recognize the support and resources they get from their family, school and community.

- I care about people like me and people different from me, and I appreciate their perspectives and thoughts even when they're different from mine.
- I can sense how other people might feel about something. I can see the world from their eyes and understand why they might feel how they feel.
- I respect other people, even those who aren't like me. I value the perspectives of others and feel enriched by diversity.

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# Relationship Skills

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Relationship skills are important for working with others. Students with strong relationship skills can manage conflict, resist inappropriate social pressure and seek help when they need it. Students with strong relationship skills work well in teams and build positive relationships with people from diverse backgrounds.

- I build positive and productive relationships with people around me.
- I'm able to communicate clearly and effectively with my peers. I can listen to others and express myself in a positive manner.
- I can disagree with other people and still have a positive relationship. I can work constructively with people from different backgrounds.

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# Responsible Decision Making

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Students with responsible decision-making skills have the ability to make constructive choices about their personal behavior and social interactions. Responsible decision-making skills help students realistically evaluate the consequences of their actions while considering the well-being of themselves and others.

- I can identify problems and find creative and positive solutions to them.
- I act in ways that respect other people. I think through my choices so I make safe decisions.
- I understand that my choices have consequences. I think about how my decisions will impact myself and others.

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