

SELAS

SOCIAL EMOTIONAL LEARNING FOR ACADEMIC SUCCESS SKILLS FOR LEARNING, SKILLS FOR LIFE

5 Social Emotional (SEL) Competencies:

1. Self-awareness
2. Self-management (impulse control)
3. Understanding of others
4. Relationship skills
5. Decision-making/problem-solving skills

3 Social Emotional Learning Goals for Illinois:

Goal 1: Develop self-awareness and self-management skills to achieve school and life success.

1. Identify and manage one's own emotions and behavior.
2. Recognize personal qualities and external supports.
3. Demonstrate skills related to achieving personal and academic goals.

Goal 2: Use social awareness and interpersonal skills to establish and maintain positive relationships.

4. Recognize the feelings and perspectives of other.
5. Recognize the individual and group similarities and differences.
6. Use communication and social skills to interact effectively with others.
7. Demonstrate an ability to prevent, manage and resolve interpersonal conflicts in constructive ways.

Goal 3: Demonstrate decision making skills and responsible behaviors in personal, school, and community contexts.

8. Consider ethical, safety, and societal factors in making decisions.
9. Apply decision-making skills to deal responsibly with daily academic and social situations.
10. Contribute to the well-being of one's school and community.