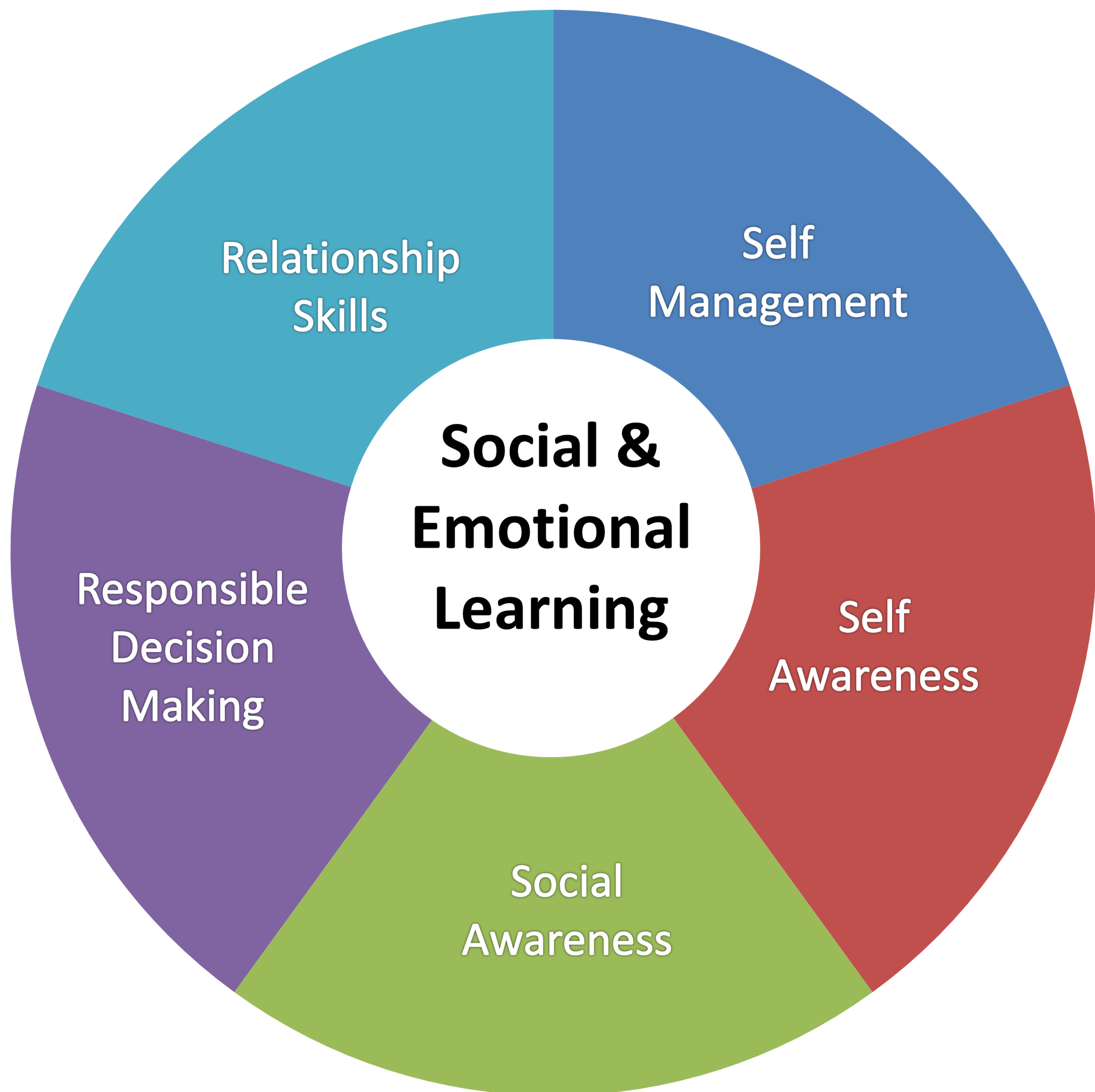


Social and Emotional Learning

Social and Emotional Learning is the process of developing social and emotional competencies—the knowledge, skills, attitudes, and behaviors that people need to make successful choices.

There are five social and emotional competencies, each of which is composed of multiple skills and abilities (CASEL, 2013).



Self Awareness

The ability to recognize one's own emotions, thoughts, interests, strengths, and limitations

Possessing a well-grounded sense of confidence and optimism

Social Awareness

The ability to empathize with others and understand others' perspectives

The ability to understand social norms in different situations

Self Management

The ability to regulate one's own emotions, thoughts, and behaviors to achieve one's goals

Includes managing stress, controlling impulses, motivating oneself, etc.

Relationship Skills

The ability to establish and maintain healthy relationships

Includes communicating clearly, cooperating, working out conflicts, etc.

Responsible Decision Making

The ability to make constructive, ethical, and/or respectful choices and decisions

The ability to effectively problem-solve