WHAT ARE SOCIAL AND EMOTIONAL CORE COMPETENCIES?

Self-Management

Regulating one's emotions
Managing stress
Controlling impulses
Self-motivation
Setting and achieving positive goals

Self-Awareness

Ability to understand and manage emotions
Labeling one's emotions
Relating feelings and thoughts to behavior
Accurate self-assessment of strengths and challenges
Well-grounded sense of confidence
Optimism

Responsible Decision-Making

Considering wellbeing of self and others Recognizing one's responsibility to behave ethically Basing decision on safety, social and ethical considerations Evaluating realistic consequences Making constructive, safe choices

Relationship Skills

Establish and maintain positive relationships
Building relationships with diverse individuals and groups
Communicating clearly
Working cooperatively
Resolving conflicts
Seeking help

Social awareness

Feel and show empathy for others
Perspective taking
Empathy
Respecting diversity
Understanding social and ethical norms of behavior
Recognizing family, school, and community supports



