

Title: Social Emotional Learning

What: Social Emotional Learning is the process through which children and adults **acquire** and effectively **apply** the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions.

We really like this example. Is there a way to copy this without “copying” it? What would be the top and Why would be the bottom:



Still include this:

Why: SEL benefits students in many areas

- Higher academic performance
- Attitudes toward school
- Enhances students skills, attitudes, knowledge
- Higher graduation rates
- Less referrals

How:

Five Competencies:

- **Self-Awareness**
 - Identifying personal, cultural, and linguistic assets
 - Identifying one's emotions
 - Linking feelings, values, and thoughts
 - Examining prejudices and biases
 - Having a growth mindset

- **Self-Management**
 - Managing one's emotions
 - Setting personal and collective goals
 - Using planning and organizational skills
 - Showing the courage to take initiative

- **Social Awareness**
 - Taking others' perspectives
 - Showing concern for the feelings of others
 - Identifying diverse social norms, including unjust ones
 - Understanding the influences of organizations/systems on behavior

- **Relationship Skills**
 - Communicating effectively
 - Developing positive relationships
 - Demonstrating cultural competency
 - Practicing teamwork and collaborative problem-solving
 - Resolving conflicts constructively

- **Responsible Decision Making**
 - Demonstrating curiosity and open-mindedness
 - Identifying solutions for personal and social problems
 - Learning to make a reasoned judgment after analyzing information, data, facts
 - Reflecting on one's role to promote personal, family, and community well-being

Example: <https://venngage.net/p/79044/sel>