

SOCIAL EMOTIONAL LEARNING

STUDENT LEARNING OUTCOMES

PK-2

- **Self-Awareness:**
 - Identifies own feelings and emotions.
 - Expresses needs and feelings in a respectful manner.
 - Recognizes personal strengths and weaknesses.
- **Self-Management:**
 - Controls impulses and behaviors.
 - Sets and achieves personal goals.
 - Manages stress and frustration in healthy ways.
- **Social Awareness:**
 - Understands the feelings and perspectives of others.
 - Empathizes with others and shows kindness.
 - Cooperates and collaborates with peers.
- **Relationship Skills:**
 - Communicates effectively with others.
 - Resolves conflicts peacefully.
 - Builds and maintains positive relationships.
- **Responsible Decision Making:**
 - Makes thoughtful choices based on values and consequences.
 - Follows rules and expectations.
 - Demonstrates responsible behavior.

3-5

- **Self-Awareness:**
 - Identifies and understands a wider range of emotions.
 - Sets personal goals and monitors progress.
 - Recognizes personal strengths and weaknesses.
- **Self-Management:**
 - Regulates emotions and behaviors effectively.
 - Manages stress and anxiety in healthy ways.
 - Practices self-discipline and perseverance.
- **Social Awareness:**
 - Understands diverse perspectives and cultures.

- Empathizes with others and shows compassion.
- Respects differences and promotes inclusivity.
- **Relationship Skills:**
 - Communicates effectively in various settings.
 - Resolves conflicts peacefully and creatively.
 - Builds and maintains positive relationships with peers, adults, and community members.
- **Responsible Decision Making:**
 - Makes informed choices based on values and consequences.
 - Demonstrates responsible behavior in various situations.
 - Evaluates the impact of decisions on oneself and others.

6-8

- **Self-Awareness:**
 - Identifies and understands complex emotions.
 - Sets and achieves long-term goals.
 - Develops a positive self-image.
- **Self-Management:**
 - Effectively manages stress, anxiety, and anger.
 - Practices self-regulation and self-control.
 - Takes responsibility for own actions and behaviors.
- **Social Awareness:**
 - Understands and appreciates diverse perspectives and cultures.
 - Empathizes with others and promotes social justice.
 - Respects differences and challenges prejudice.
- **Relationship Skills:**
 - Communicates effectively in various settings, including online.
 - Resolves conflicts peacefully and creatively.
 - Builds and maintains positive relationships with peers, adults, and community members.
- **Responsible Decision Making:**
 - Makes informed choices based on values, consequences, and ethical considerations.
 - Demonstrates responsible behavior in various situations.
 - Evaluates the impact of decisions on oneself, others, and the community.

9-12

- **Self-Awareness:**
 - Understands and manages complex emotions and feelings.

- Sets and achieves long-term personal and academic goals.
- Develops a strong sense of identity and self-worth.
- **Self-Management:**
 - Effectively manages stress, anxiety, and anger.
 - Practices self-regulation and self-control in challenging situations.
 - Takes responsibility for own actions and behaviors.
- **Social Awareness:**
 - Understands and appreciates diverse perspectives and cultures.
 - Empathizes with others and promotes social justice.
 - Challenges prejudice and discrimination.
- **Relationship Skills:**
 - Communicates effectively in various settings, including online.
 - Resolves conflicts peacefully and creatively.
 - Builds and maintains positive relationships with peers, adults, and community members.
- **Responsible Decision Making:**
 - Makes informed choices based on values, consequences, and ethical considerations.
 - Demonstrates responsible behavior in various situations.
 - Evaluates the impact of decisions on oneself, others, and the community.