## Social and Emotional Learning

**Five Core Competencies**

### Self-Awareness
- Identifying emotions
- Accurate self-perception
- Recognizing strengths
- Sense of self-confidence
- Self-efficacy

### Relationship Skills
- Communication
- Social engagement
- Building relationships
- Working cooperatively
- Resolving conflicts
- Helping/Seeking help

### Social Awareness
- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others

### Responsible Decision Making
- Problem identification
- Situation analysis
- Problem-solving
- Evaluation
- Reflection
- Ethical responsibility

### Self-Management
- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Goal setting
- Organizational skills

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