

# 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

