

2022-2023 Social and Emotional Learning **Competencies and Character Traits**



August/September - Self Awareness

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behaviors respectfully. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset" while being aware of your own self.

- Identifying emotions
- Accurate self-perception
- Recognizing strengths
- Self-confidence
- Self-efficacy
- Stamina
- Respect
- Resilience

August/September Character Trait - Stamina

(Stamina is the ability to sustain prolonged effort.)

October - Responsible Decision-Making

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms while being respectful.

The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility
- Respect
- Resilience

October Character Trait - Respect

(Respect is your regard to the feelings, wishes, rights, or traditions of others.)

November/December - Social Awareness

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures by showing respect toward others. The ability to understand and show compassion toward social and ethical norms for behavior and to recognize family, school, and community resources and support.

- Perspective-taking
- Respect
- Empathy
- Appreciating diversity
- Respect for others
- Resilience

November/December Character Trait - Compassion

(Compassion is a sympathetic consciousness of others' distress with a desire to alleviate it.)

January - Relationship Skills

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed while showing teamwork.

- Communication
- Social engagement
- Relationship-building
- Resilience

January Character Trait - Teamwork

(Teamwork is the process of working collaboratively with a group of people in order to achieve a common goal.)

February - Self Management

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals with excellence.

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

February Character Trait - Excellence

(Excellence is the quality of being outstanding.)

March - Self Awareness

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behaviors respectfully. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset" while being aware of your own self.

- Identifying emotions
- Accurate self-perception
- Recognizing strengths
- Self-confidence
- Self-efficacy
- Self-Awareness
- Respect
- Resilience

March Character Trait - Grit

(Grit is one's courage and resolve; strength of character)

April - Self Management

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals with excellence.

- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Goal-setting
- Excellence
- Organizational skills
- Resilience

April Character Trait - Self Control

(Self-Control is the capacity to regulate one's own responses so they align with short and long-term goals.)

May/June - Responsible Decision-Making

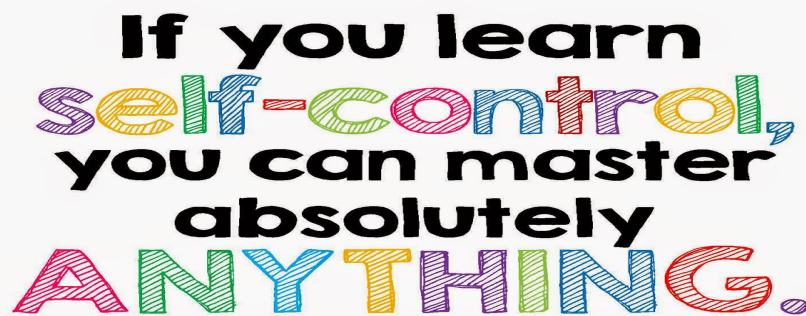
The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms while being respectful.

The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility
- Respect
- Resilience

May/June Character Trait - Passion

(Passion is being enthusiastic and energetic in your participation of learning)



**If you learn
self-control,
you can master
absolutely
ANYTHING.**