

# SOCIAL EMOTIONAL LEARNING AND DEVELOPMENTAL ASSETS

SELF-MANAGEMENT	
Demonstrate and Practice	Correlating Asset
<ul style="list-style-type: none"> <li>• Resilience in the face of obstacles</li> <li>• Regulating one's emotions</li> <li>• Compassion for self and others</li> <li>• Perseverance</li> <li>• Pause between stimulus and response</li> <li>• Healthy boundaries</li> <li>• Setting and monitoring personal and academic goals</li> </ul>	11 Family Boundaries 12 School Boundaries 13 Neighborhood Boundaries 16 High Expectations 21 Achievement Motivation 22 School Engagement 40 Positive View of Personal Future



SELF-AWARENESS	
Demonstrate and Practice	Correlating Asset
<ul style="list-style-type: none"> <li>• Feelings and needs</li> <li>• Strengths in self, community and culture</li> <li>• Relationship between feelings, thoughts, and behaviors</li> <li>• Judgments and biases</li> <li>• Level of optimism</li> </ul>	8 Youth as Resources 17 Creative activities 25 Reading for Pleasure 37 Personal Power 38 Self Esteem 39 Sense of Purpose

SOCIAL AWARENESS	
Demonstrate and Practice	Correlating Asset
<ul style="list-style-type: none"> <li>• Empathy</li> <li>• Awareness of strengths in self and others</li> <li>• Cultural competence</li> <li>• Appropriate use of humor</li> <li>• Recognizing family, school, and community resources</li> <li>• Perspective taking</li> <li>• Reflective listening</li> </ul>	6 Parental Involvement in School 7 Community Values Youth 9 Service to Others 26 Caring 27 Equality and Social Justices 34 Cultural Competence 41 Positive Cultural Identity

RELATIONSHIP SKILLS	
Demonstrate and Practice	Correlating Asset
<ul style="list-style-type: none"> <li>• Building relationships with diverse individuals and groups</li> <li>• Listening and communication skills</li> <li>• Working cooperatively</li> <li>• Resolving conflicts</li> <li>• Seeking help</li> </ul>	1 Family Support 2 Positive family Communication 3 Other Adult Relationships 4 Caring Neighborhood 5 Caring School Climate 14 Adult Role Models 15 Positive Peer Relationships 18 Youth Programs 20 Time at Home 24 Bonding to School 33 Interpersonal Competence 36 Peaceful Conflict Resolution

RESPONSIBLE DECISION-MAKING	
Demonstrate and Practice	Correlating Asset
<ul style="list-style-type: none"> <li>• Considering the well-being of self and others</li> <li>• Recognizing one's responsibility to behave ethically</li> <li>• Basing decisions on safety, social, and ethical considerations</li> <li>• Evaluating realistic consequences of various actions</li> <li>• Making constructive, safe choices about self, relationships, and school</li> </ul>	10 Safety 10 Faith Community 23 Homework 28 Integrity 29 Honesty 30 Responsibility 31 Restraint 32 Planning and Decision Making 35 Resistance Skills 36 Peaceful Conflict Resolution