

<b>Report Card: Social-Emotional Learning Core Competencies</b>	<b>CASEL: Social-Emotional Learning Core Competencies</b>
<b>Self Awareness</b>	<b>Self Awareness</b>
Understands and communicates feelings and needs	Accurately assessing one's feelings, interests, values, and strengths
Willing to take risks as a learner	Maintaining a well-grounded sense of self confidence
Accepts responsibility for own behavior	The ability to accurately recognize one's emotions and thoughts and their own behavior.
<b>Self Management</b>	<b>Self Management</b>
Practices verbal self control	Regulating one's emotions to handle stress, control impulses, and persevere in addressing challenges. Expressing emotions appropriately
Practices physical self-control	Regulating one's emotions to handle stress, control impulses, and persevere in addressing challenges. Expressing emotions appropriately
Demonstrates engagement in learning	Setting and monitoring progress toward personal and academic goals
Works independently with stamina	Motivating oneself
<b>Social Awareness</b>	<b>Social Awareness</b>
Considers the feelings of others	The ability to take the perspective of and empathize with others from diverse backgrounds and cultures
Follows expected routines and behaviors	Understands social and ethical norms for behavior and to recognize family, school, and community resources and supports
<b>Relationship Skills</b>	<b>Relationship Skills</b>
Actively works to establish and maintain healthy relationships	The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups.
Negotiates conflict constructively	Communicates clearly, listens actively, cooperates , resists inappropriate social pressure, negotiates conflict constructively, seeks and offers help when needed

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<b>Responsible Decision Making</b>	<b>Responsible Decision Making</b>
Makes appropriate choices about personal behavior	The ability to make constructive and respectful choices about personal behavior and social interactions based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others
Considers impact of personal decisions on others	Applying decision making skills to academic and social situation
Contributes to the well-being of class, school and community	Contributing to the well-being of one's school and community

