

# SOCIAL AND EMOTIONAL LEARNING



## Through Student Self Leadership

SEL Competencies	Student Self Leadership Program
<b>Self-Awareness</b> Identifying Emotions  Accurate Self Perception  Recognizing Strengths  Self-Confidence  Self-Efficacy	<ul style="list-style-type: none"><li>✓ Challenge Assumed Constraints - Overcoming negative thinking that limits new opportunities.</li><li>✓ Diagnosing - Students learn to assess their development level on a specific goal or task.</li><li>✓ Points of Power - Students learn that there are five types of power.</li><li>✓ Be Proactive - It's in their own best interest to take initiative.</li><li>✓ Be Proactive - Students learn the importance of believing that they have control and the ability to deal with situations.</li></ul>
<b>Social Awareness</b> Empathy  Respect for Others	<ul style="list-style-type: none"><li>✓ Diagnosing - Empathy for self and others, understanding that development levels are goal or task specific and do not define a person.</li><li>✓ Matching - Students learn how to skillfully and respectfully ask for the direction and support they need.</li></ul>
<b>Responsible Decision Making</b> Analyzing Situations  Evaluating	<ul style="list-style-type: none"><li>✓ Diagnosing - Students learn to diagnose their competence and commitment on goals or tasks. They understand that their development level changes with every goal or task.</li><li>✓ Matching - Students learn that there are positive outcomes when they ask for the leadership style they need.</li></ul>
<b>Self-Management</b> Self-Motivation  Goal Setting	<ul style="list-style-type: none"><li>✓ Diagnosing - Students diagnose their commitment (motivation and confidence) on specific goals or tasks.</li><li>✓ Goal Setting - Students learn to write SMART goals.</li></ul>
<b>Relationship Skills</b> Communication  Relationship Building	<ul style="list-style-type: none"><li>✓ Matching - Students use Conversation Starters to communicate effectively with a teacher/leader to achieve their goal.</li><li>✓ Matching - Students learn how to take the lead in building relationships with their teachers/leaders by scheduling meetings to share their SMART goal, Self Diagnosis and Matching Conversation tools.</li></ul>