



Liberty Hill Independent School District Social Emotional Learning Description and Goals

Core Competencies	Self-Awareness	Social Awareness	Self-Management	<u>Responsible Decision Making</u>	Relationship Skills
Description	The ability to accurately recognize one’s own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one’s strengths and limitations, with a well-grounded sense of confidence, optimism, and a “growth mindset.”	The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.	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.	The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.	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.
Goals	<ul style="list-style-type: none"> ● Identifying emotions ● Accurate self-perception ● Recognizing strengths ● Self-confidence ● Self-efficacy 	<ul style="list-style-type: none"> ● Perspective-taking ● Empathy ● Appreciating diversity ● Respect for others 	<ul style="list-style-type: none"> ● Impulse control ● Stress management ● Self-discipline ● Self-motivation ● Goal-setting ● Organizational skills 	<ul style="list-style-type: none"> ● Identifying problems ● Analyzing situations ● Solving problems ● Evaluating ● Reflecting ● Ethical responsibility 	<ul style="list-style-type: none"> ● Communication ● Social engagement ● Relationship-building ● Teamwork

Liberty Hill ISD will incorporate specific age appropriate goals at each grade level. Social Emotional Learning (SEL) will be integrated into daily routines, lessons, group work, and classroom activities. For more information visit www.casel.org/core-competencies. SEL is successful when it is embedded into the daily lives of children and when schools, communities, and families value and support the social, emotional, and academic development of children.