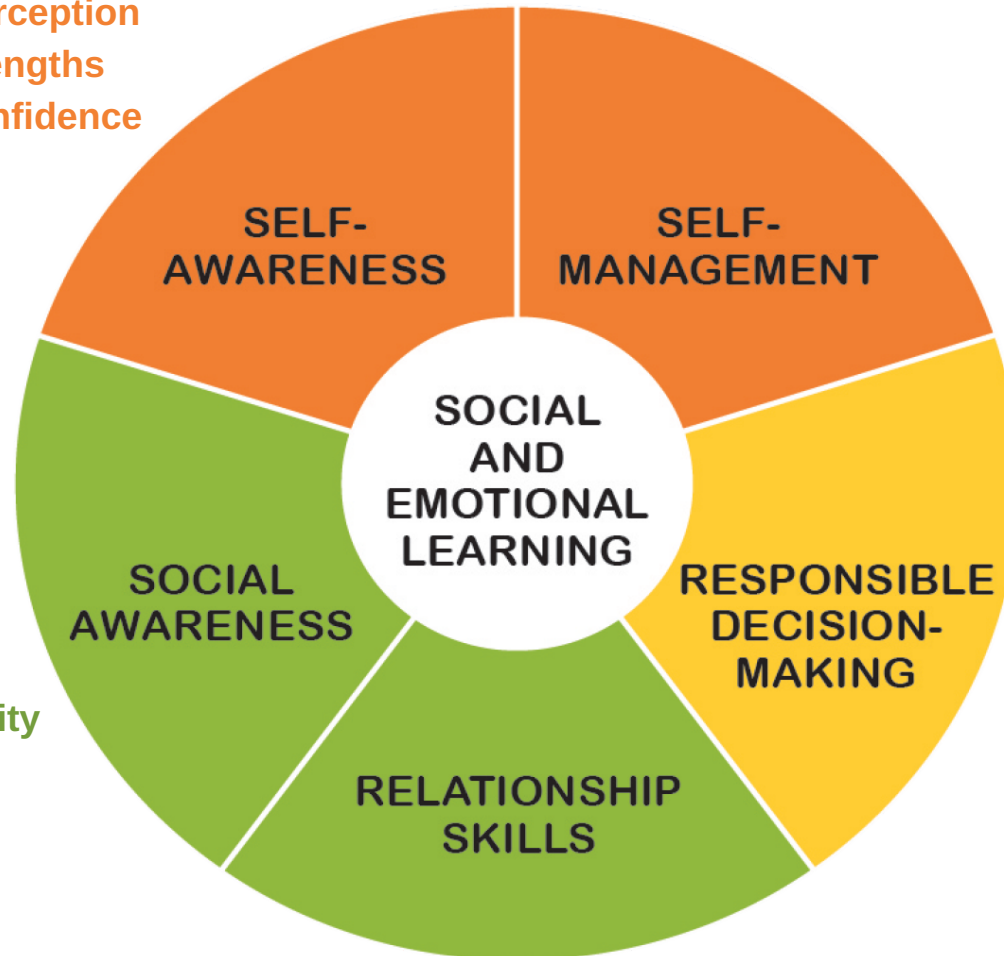


SEL Competencies & Related Skills

- Identifying emotions
- Accurate self-perception
- Recognizing strengths
- Sense of self-confidence
- Self-efficacy

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



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

- Identifying Problems
- Analyzing Situations
- Problem-solving
- Evaluation
- Reflection
- Ethical responsibility

- Communication
- Social engagement
- Building relationships
- Working cooperatively