

ECISD SEL LEARNING STANDARDS from PRE-K Learners to ADULT Staff

EVERY person will learn, comprehend, apply, and excel in utilizing SELF AWARENESS, SELF-MANAGEMENT, SOCIAL AWARENESS, RELATIONSHIP SKILLS, and RESPONSIBLE DECISION MAKING skills.

Self-Awareness

Self-Awareness: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well-grounded sense of confidence and purpose.

ECISD expected attributes of SELF-AWARENESS:

- Labeling Feelings
- Understanding emotions
- Understanding Identity
- Identifying One's Beliefs & Values
- Recognizing Strengths & Cultural Assets
- Awareness of Beliefs, Mindsets, and Biases
- Self-Efficacy
- Growth Mindset
- Maintaining Optimistic Attitude
- Sense of Self-Confidence

Self-Management

Self-Management: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation and agency to accomplish personal and collective goals.

ECISD Expected attributes of SELF MANAGEMENT:

- Advocacy
- Agency
- Confidence
- Coping Skills
- Determination
- Energy Modulation
- Grit
- Impulse control
- Organizational Skills
- Promotion
- Self-Discipline
- Self-Efficacy
- Self-Regulation
- Self-Worth
- Self-Motivation
- Setting & Achieving Goals
- Stress Management

Social Awareness

Social awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts. This includes the capacities to feel compassion for others, understand broader historical and social norms for behavior in different settings, and recognize family, school, and community resources and support

ECISD Expected attributes of SOCIAL AWARENESS:

- Appreciate Diversity
- Digital Safety
- Digital Citizenship
- Display Empathy
- Perspective Taking
- Recognize cultural demands & opportunities
- Recognize family, school, & community supports
- Safety
- Understand Equality/Recognize Inequality
- Understand Equity/Recognizing issues of inequity
- Understanding Social & Ethical Norms of Behavior

Relationship Skills

Relationship skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed.

ECISD Expected attributes of RELATIONSHIP SKILLS:

- Building Relationships with diverse individuals & groups
- Clear & Direct Communication
- Collaborative problem solving skills
- Conflict Management
- Cultural competence
- Earning & Giving Respect to Others
- Healthy Relationships with and between staff
- Social Engagement
- Teamwork
- Working cooperatively

Responsible Decision-Making

Responsible decision-making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations. This includes the capacities to consider ethical standards and safety concerns, and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being.

ECISD Expected attributes of RESPONSIBLE DECISION MAKING SKILLS:

- Analyze impact of individual decisions & actions
- Analyse impact of institutional decisions & actions
- Create Inclusive Solutions
- Health
- Identify Problems
- Identify Inequity
- Personal Reflection
- Recognize own responsibility
- Recognize responsibility to behave ethically