

Social Emotional Competencies: Advanced Gr. 9-12

SELF-AWARENESS: PERSONAL QUALITIES AND/OR TRAITS SEM0.1

- 1 Recognizes the importance of having healthy self-esteem SEM0.1.ADV1
- 2 Describes and demonstrates ways to boost one's own self-esteem SEM0.1.ADV2
- 3 Describes event or thought process that causes an emotion SEM0.1.ADV3
- 4 Distinguishes own feelings versus expressing/accepting what others "expect" them to feel SEM0.1.ADV4
- 5 Understands the effects of self-talk on emotions and impulse control SEM0.1.ADV5
- 6 Describes how the examination of an event and/or belief from a different perspective may alter one's feelings/reaction SEM0.1.ADV6
- 7 Uses self-reflection to assess feelings and perception of an event SEM0.1.ADV7
- 8 Acknowledges emotions and determines the appropriate time and place to process them SEM0.1.ADV8
- 9 Sets priorities to build on strengths and on identifying areas for improvement SEM0.1.ADV9
- 10 Recognizes personal learning style/intelligence and finds ways to employ those styles SEM0.1.ADV10
- 11 Evaluates how developing interests and filling useful roles support school and life success SEM0.1.ADV11

SELF- MANAGEMENT SEM0.2

- 1 Demonstrates self-control SEM0.2.ADV1
- 2 Evaluates the role attitude plays in success and motivation SEM0.2.ADV2
- 3 Uses strategies for coping with and overcoming feelings of rejection, social isolation, and other forms of stress SEM0.2.ADV3

4 Demonstrates an ability to change one's perception of a situation and make adjustments to understand it in a different way SEM0.2.ADV4

5 Incorporates self-management skills on a daily basis and demonstrates effective emotional management SEM0.2.ADV5

**SOCIAL
AWARENESS** SEM0.3

1 In increasingly complex social situations, identifies verbal, physical, and situational cues that indicate how others may feel SEM0.3.ADV1

2 Produces an appropriate response to feelings and perspectives of others SEM0.3.ADV2

3 Uses conventional skills to understand the perspective of others SEM0.3.ADV3

4 Accepts differing opinions SEM0.3.ADV4

5 Demonstrates ways to express empathy for others SEM0.3.ADV5

6 Demonstrates ability to differentiate facts from feelings and from opinions SEM0.3.ADV6

7 Thinks critically about positive & negative effects of peer pressure SEM0.3.ADV7

**RELATIONSHIP
SKILLS** SEM0.4

1 Describes situations where the use of technology is appropriate and when it may not be appropriate SEM0.4.ADV1

2 Uses appropriate topics of conversation dependent on the social situation and conversational partner SEM0.4.ADV2

3 Indicates change of subject in conversation SEM0.4.ADV3

4 Uses repair strategies: repeat, rephrase, demonstrate, or change communication methods, slower pace, ask a question if the conversation breaks down SEM0.4.ADV4

5 Evaluates how norms and values have an effect on personal interactions SEM0.4.ADV5

6 Collaborates with peers, adults, and others in the community to move group efforts forward SEM0.4.ADV6

7 Offers and accepts constructive feedback SEM0.4.ADV7

8 Maintains an objective non-judgmental tone/position during disagreements SEM0.4.ADV8

9 Uses assertive communication to get needs met SEM0.4.ADV9

10 Empowers, encourages, and affirms self and others through interactions SEMO.4.ADV10

11 Understands the value of mentors (including mentors who are deaf and hard of hearing) SEMO.4.ADV11

12 Establishes and maintains healthy relationships SEMO.4.ADV12

**DECISION
MAKING** SEMO.5

1 Evaluates how external influences (e.g. media, peers, cultural norms) effect decision making SEMO.5.ADV1

2 Considers ethical, safety, and societal factors when making decisions SEMO.5.ADV2

3 Applies decision making skills to foster responsible social and work relations and to make healthy lifelong choices SEMO.5.ADV3