

Goals

	SELF	SOCIAL
AWARENESS	I am... knowledgeable	I care... caring
MANAGEMENT	I can... capable	I will... responsible

Self-Awareness: Knowing what we are feeling in the moment; having a realistic assessment of our own abilities and a well-grounded sense of self-confidence.

Self-Management: Handling our emotions so they facilitate rather than interfere with the task at hand; being conscientious and delaying gratification to pursue goals; persevering in the face of setbacks and frustrations.

Social Awareness: Understanding what others are feeling; being able to take their perspective; appreciating and interacting positively with diverse groups.

Social Management: Handling emotions in relationships effectively; establishing and maintaining healthy and rewarding relationships based on cooperation, resistance to inappropriate social pressure, negotiating solutions to conflict, and seeking help when needed.