ASD K-12 Social & Emotional Learning (SEL) Standards

Self-Awareness

1A. Student demonstrates awareness of his/her emotions.
   “I am able to identify and communicate how I am feeling.”
1B. Student demonstrates awareness of his/her personal traits.
   “I am aware of what I like and dislike as well as my strengths and challenges.”
1C. Student demonstrates awareness of his/her external supports.
   “I am aware of where I can find help and support.”
1D. Student has a sense of personal responsibility.
   “I am aware of my responsibilities at school.”

Self-Management

2A. Student demonstrates ability to manage emotions constructively.
   “I can appropriately handle my feelings.”
2B. Student demonstrates honesty and integrity.
   “I can act in an honest manner.”
2C. Student uses effective decision-making skills.
   “I can make appropriate decisions.”
2D. Student demonstrates ability to set and achieve goals.
   “I can set and achieve goals that will make me more successful.”

Social Awareness

3A. Student demonstrates awareness of other people’s emotions and perspectives.
   “I care about the feelings and opinions of others.”
3B. Student demonstrates consideration for others and a desire to positively contribute to the community.
   “I care about others and do my part to make my school community better.”
3C. Student demonstrates an awareness of cultural issues and a respect for human dignity and differences.
   “I care about and respect the individual differences of others.”
3D. Student can read social cues.
   “I care about how I read others and how they read me.”

Social Management

4A. Student uses positive communication and social skills to interact effectively with others.
   “I will interact appropriately with others.”
4B. Student develops constructive relationships.
   “I will work on having positive relationships.”
4C. Student demonstrates the ability to prevent and resolve interpersonal conflicts in constructive ways.
   “I will learn to handle conflicts in constructive ways.”