

Anchorage School District PK-12 Social and Emotional Learning (SEL) Standards

SELF AWARENESS: *I am*

- 1A** Students demonstrate awareness of their emotions
 - I am aware of what I am feeling
- 1B** Students demonstrate awareness of their personal traits
 - I am aware of my traits, know what I do well, and know what areas I can work on
- 1C** Students demonstrate awareness of their external supports
 - I am aware of the supports I have around me
- 1D** Students have a sense of personal responsibility
 - I am aware of my responsibilities

SELF MANAGEMENT: *I can*

- 2A** Students demonstrate ability to manage emotions constructively
 - I can responsibly manage my emotions
- 2B** Students can demonstrate honesty and integrity
 - I can act in an honest manner
- 2C** Students use effective decision-making skills
 - I can make good decisions
- 2D** Students demonstrate ability to set and achieve goals
 - I can set and achieve goals that will help me be successful

SOCIAL AWARENESS: *I care*

- 3A** Students demonstrate awareness of other people's emotions and perspectives
 - I care about the feelings and viewpoints of others
- 3B** Students demonstrate consideration for others and a desire to positively contribute to their community
 - I care about the feelings of others and do my part to make my school community better
- 3C** Students demonstrate an awareness of cultural issues and a respect for human dignity and differences
 - I care about and respect the individual differences of others
- 3D** Students can read social cues
 - I care about how I perceive others and am being perceived by them

SOCIAL MANAGEMENT: *I will*

- 4A** Students use positive communication and social skills to interact effectively with others
 - I will interact well with others
- 4B** Students develop constructive relationships
 - I will work on having constructive relationships
- 4C** Students demonstrate the ability to prevent, manage, and resolve interpersonal conflicts constructively
 - I will deal with interpersonal conflicts constructively