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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