

Sitka School District

Pre K – Adult Social and Emotional Learning (SEL) Standards

In the Sitka School District, social emotional learning (SEL) is a culturally responsive process embedded in the fiber of our schools to support students, families, and educators by utilizing community partnerships, professional development opportunities, and deliberate school-based practices in:

- recognizing and managing emotions
- respecting and having empathy for others
- making constructive, ethical choices
- building positive relationships

SEL Skill Clusters

Self-Awareness

Develop self-awareness skills to have knowledge of one's emotions, to develop an accurate and positive self-concept, and to recognize individual strengths and external support systems.

Self-Management

Develop and demonstrate self-management skills and resiliency to regulate emotions and to monitor and achieve behaviors related to school and life success.

Social Awareness

Develop social awareness skills needed to establish and maintain positive relationships.

Relationship

Demonstrate interpersonal (relationship) skills needed to establish and maintain positive relationships.

Decision-Making

Demonstrate decision-making skills, problem solving skills, and responsible behaviors in school, personal and community contexts.

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Self–Awareness

- 1A: Individual demonstrates an awareness of own emotions.
- 1B: Individual demonstrates awareness of personal qualities.
- 1C: Individual demonstrates awareness of external supports.
- 1D: Individual has a sense of personal responsibility.

Self-Management

- 2A: Individual demonstrates ability to manage emotions constructively.
- 2B: Individual demonstrates honesty and integrity.
- 2C: Individual demonstrates ability to set and achieve goals.

Social Awareness

- 3A: Individual demonstrates awareness of other people's emotions and perspectives.
- 3B: Individual demonstrates consideration for others and a desire to contribute to the wellbeing of their school and community.
- 3C: Individual demonstrates an awareness of cultural issues and a respect for human dignity and differences.
- 3D: Individual can read social cues and respond appropriately.

Relationship

- 4A: Individual uses positive communication and social skills to interact effectively with others.
- 4B: Individual develops constructive relationships.
- 4C: Individual demonstrates an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.

Decision-Making

- 5A: Individual considers ethical, safety and societal factors in making decisions.
- 5B: Individual uses effective decision-making skills.
- 5C: Individual applies problem-solving skills to deal responsibly with daily academic and social situations.