Social and Emotional Learning (SEL) and Culturally Responsive Teaching (CRT) Competencies

**Self-Management**
- Demonstrates ability to bounce back from challenges
- Able to persevere in face of challenges
- Uses specific strategies to manage stress effectively
- Sets healthy boundaries between self and others
- Identifies and manages personal and professional goals
- Develops strategies to adapt to new situations

**Self-Awareness**
- Actions demonstrate awareness of relationship between feelings, thoughts, and behaviors
- Aware of own judgments/biases
- Aware of need for growth mindset
- Aware of cultural components that shape one’s world view

**Social Awareness**
- Able to put self in another’s place
- Values diversity
- Able to find and use resources to support all students
- Promotes and encourages multi-cultural viewpoints
- Uses strategies and content to promote social justice
- Involve all students in the learning process

**Social and Emotional Learning (SEL)**

**Responsible Decision-Making**
- Considers well-being of others
- Demonstrates integrity
- Willing to accept responsibility for outcomes
- Considers multiple options before making decision
- Recognized one’s ethical responsibility to treat others fairly and with respect
- Maintains high expectations for self and others

**Relationship Skills**
- Uses strategies to build/maintain productive relationships
- Listens actively to others
- Able to question others constructively
- Exhibits discretion
- Uses skills/strategies to resolve conflicts productively
- Able to be open-minded when given feedback

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Based on “Social and Emotional Learning Core Competencies.” Collaborative for Academic and Social Emotional Learning (CASEL) and work with ePsy Consultancy