

# SEL - Grade 9 and 10

CUSD 303

Year: 2012-2013

| Content  | Standard  | Performance Descriptor  | Skill Statement   | Resources |
|--|---|---|---|-----------|
| <b>Goal 1: Develop self-awareness and self-management skills to achieve school and life success.</b>           |   |   |   |           |
| Self-awareness and Self-management   | 1A Identify and manage one's emotions and behavior  | 1 Explain the consequences of different forms of communicating one's emotions                           | 9/10.1A1 Explain consequences of expressing emotions verbally   |           |
|  |   |   | 9/10.1A1 Explain consequences of expressing emotions non-verbally   |           |
|  |   |   | 9/10.1A1 Explain consequences of expressing emotions in written format  |           |
|  |   |   | 9/10.1A1 Explain consequences of expressing emotions through actions  |           |
|  |   | 3 Analyze how time management might improve your decision making  | 9/10.1A3 Analyze in-school time management to improve decision making   |           |
|  |   |   | 9/10.1A3 Analyze out of school time management to improve decision making   |           |
|  | 4 Practice assertive communication to manage stress   | 9/10.1A4 Practice assertive communication amongst peers to manage stress                                |   |           |
|  |   | 9/10.1A4 Practice assertive communication with adults to manage stress                                  |   |           |
|  | 6 Practice a stress management technique to handle anxiety related to a school task (e.g. , public speaking or taking a test) | 9/10.1A6 Practice a stress management technique to handle anxiety related to a school task              |   |           |
|  |   |   |   |           |
|  | 1B Recognize personal qualities and external supports.  | 3 Identify school support personnel and investigate how they assist students                            | 9/10.1B3 Identify reliable adults who can assist you in achieving goals   |           |
|  |   |   | 9/10.1B3 Utilize reliable adults who can assist you in achieving goals  |           |
| 4 Make a plan to improve your performance in a school subject or area of family responsibility                 |   | 9/10.1B4 Make a plan to improve your performance in a school subject                                    |   |           |
| 1C Demonstrate skills related to achieving personal and academic goals   | 2 Analyze why you were or were not able to overcome obstacles in working on a recent goal                                     | 9/10.1C2 Analyze why you were or were not able to overcome obstacles in working on a recent goal        |   |           |
|  | 6 Analyze how academic achievement can contribute to achievement of a long-term goal  | 9/10.1C6 Determine how academic achievement can contribute to achievement of a long-term goal           |   |           |
| <b>Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.</b> |   |   |   |           |
| Social-awareness and Relationship Skills   | 2A Recognize the feelings and perspectives of others  | 3 Differentiate between the factual and emotional content of what a person says                         | 9/10.2A3 Determine factual content of what a person says  |           |
|  |   |   | 9/10.2A3 Determine emotional content of what a person says  |           |
|  |   |   | 9/10.2A3 Differentiate between factual and emotional content  |           |
|  | 4 Demonstrate empathy with others in a variety of situations  | 9/10.2A4 Express empathy for others in a variety of situations  |   |           |
|  |   |   |   |           |
|  | 2B Recognize individual and group similarities and differences  | 4 Evaluate efforts to promote increased understanding among groups                                      | 9/10.2B4 Evaluate efforts to promote increased understanding among groups   |           |
|  |   |   |   |           |
|  |   | 7 Develop and maintain positive relationships with peers of different genders, races, and ethnic groups | 9/10.2B7 Develop positive relationships with diverse peers<br>9/10.2B7 Maintain positive relationships with diverse peers |           |
|  | 2C Use communication and social skills to interact effectively with others  | 3 Analyze differences in resolving conflicts in different types of relationships                        | 9/10.2C3 Determine appropriate steps to resolve conflicts with a variety of relationships                                 |           |
|  |   |   | 9/10.2C3 Analyze differences in resolving conflicts in different types of relationships                                   |           |
| 6 Develop criteria for evaluating success in completing action steps and goal achievement                      |   | 9/10.2C6 Develop criteria individually or in a group for evaluating success in completing action steps  |   |           |

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| Social-awareness and Relationship Skills <i>(cont'd)</i>   | 2C Use communication and social skills to interact effectively with others <i>(cont'd)</i>             |   | 9/10.2C6 Develop criteria individually or in a group for evaluating success in goal achievement |           |
|  | 2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways | 5 Apply conflict resolution skills to de-escalate, defuse, and/or resolve differences   | 9/10.2D5 Apply conflict resolution to prevent escalation of behavior                            |           |
| <b>Goal 3: Demonstrate decision making skills and responsible behaviors in personal, school, and community contexts.</b> |  |   |   |           |
| Responsible Decision-making  | 3A Consider ethical, safety, and societal factors in making decisions                                  | 5 Show how social norms influence how we behave in different settings (e.g., hospitals, restaurants, sporting events, social media arenas and cell phone use) | 9/10.3A5 Explain how social norms influence the way we behave in different settings             |           |
|  | 3B Apply decision-making skills to deal responsibly with daily academic and social situations          | 1 Identify effective time management and organizational skills  | 9/10.3B1 Time management = choices, Organizational skills = use of planner, materials           |           |
|  |  | 4 Evaluate how the decisions you make about studying affect your academic achievement and social situations   | 9/10.3B4 Evaluate how the decisions you make about studying affect your academic achievement    |           |
|  | 3C Contribute to the well-being of one's school and community  | 3 Explain how one's decisions and behaviors affect the well being of one's school and community   | 9/10.3C3 Describe how your decisions and behavior affect your school environment                |           |