SEL - Grade 11 and 12

CUSD 303

Year: 2012-2013

Content	Standard	Performance Descriptor	Skill Statement	Resources
**Goal 1: Develop self-awareness and self-management skills to achieve school and life success.**
Self-awareness and Self-management	1A Identify and manage one's emotions and behavior	2 Describe how changing your interpretation of an event can alter how you and others feel about it	11/12.1A2 Analyze how changing your interpretation of an event can alter how you feel about it	
			11/12.1A2 Analyze how changing your interpretation of an event can alter how others feel about it	
		6 Practice stress management techniques to handle anxiety related to school tasks and/or post high school planning	11/12.1A6 Apply stress management techniques to handle anxiety related to school tasks and/or post high school planning	
	1B Recognize personal qualities and external supports	1 Identify the skills and credentials required to enter a particular profession and begin to prepare accordingly	11/12.1B1 Identify the skills required to enter a particular profession and begin to prepare accordingly	
	1C Demonstrate skills related to achieving personal and academic goals	1 Set a long-term academic/career goal with dates for completion of the action steps	11/12.1C1 Set a long-term academic and/or career goal with dates for completion of the action steps	
		2 Anticipate barriers to achieving your goal and make contingency plans for overcoming them	11/12.1C2 Predict barriers to achieving your goal & develop contingency plans for overcoming them	
**Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.**
Social-awareness and Relationship Skills	2A Recognize the feelings and perspectives of others	1 Analyze barriers to effective communication	11/12.2A1 Analyze barriers to effective communication	
		2 Evaluate opposing points of view on current issues (e.g., the role of students in the governance of their school)	11/12.2A2 Evaluate opposing points of view on current issues	
		3 Analyze the factors that have influenced your perspective on an issue	11/12.2A3 Analyze the factors that have influenced your perspective on an issue	
		5 Demonstrate ways to assert one's needs and viewpoints in a respectful manner	11/12.2A5 Assert one's needs and viewpoints in a respectful manner	
		6 Practice responding to ideas rather than the person advancing them	11/12.2A6 Practice responding to ideas rather than the person advancing them	
	2B Recognize individual and group similarities and differences	5 Evaluate how getting to know and work with others from various social and cultural groups can change your perceptions of these groups	11/12.2B5 Evaluate how interactions with various social and cultural groups of people can change your perceptions of these groups	
		6 Practice opposing intolerance and stereotyping (e.g., participate in mock trials of students accused of non-conformist behavior)	11/12.2B6 Challenge intolerance and stereotyping	
	2C Use communication and social skills to interact effectively with others	3 Evaluate ideas on their merit instead of the individual sharing them	11/12.2C3 Evaluate ideas on their merit instead of the individual sharing them	
		7 Demonstrate strategies for collaborating with peers, adults and others in the community	11/12.2C7 Implement strategies for collaborating with peers, adults, and others in the community	
	2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways	1 Analyze the causes of conflict in various situations (e.g., with a friend, someone you are dating, a neighbor, someone with a different political position, another country)	11/12.2D1 Analyze the causes of conflict in various situations	

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Goal 3: Demonstrate decision making skills and responsible behaviors in personal, school, and community contexts.				
Responsible Decision-making	3A Consider ethical, safety, and societal factors in making decisions	1 Show how social norms influence how we behave in different settings including all types of social media	11/12.3A1 Evaluate the setting to determine appropriate behavior based on social norms	
		2 Analyze how interests, personality traits, and aptitudes affect career choices	11/12.3B2 Analyze how interests, personality traits, and aptitudes affect career choices	
		3 Examine the relationship between academic courses and career goals	11/12.3B3 Examine the relationship between academic courses and career goals	