

SEL - Grade 8

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	1 Identify stress management skills that work best for you	8.1A1 Identify stress management skills that work best for you	
		3 Demonstrate an ability to assess your level of stress based on physical and psychological factors	8.1A3 Gauge your ability to assess your level of stress based on physical factors	
	1B Recognize personal qualities and external supports	1 Identify what you like about yourself, including things that might be considered atypical for your gender	8.1B1 Identify what you like about yourself	
		2 Take an inventory of your personal strengths and describe them in your journal	8.1B2 Take inventory of your personal strengths	
		4 Analyze how others in your life have helped you resist negative influences	8.1B4 Analyze how others in your life have helped you resist negative influences	
	1C Demonstrate skills related to achieving personal and academic goals	1 Set a goal that you could achieve in a month or two related to an area of interest (e. g. , a sport, hobby, musical instrument, etc.)	8.1C1 Set a goal that you could achieve in a month or two related to an area of interest	
		2 Establish action steps and timeframes toward the achievement of this goal	8.1C2 Establish action steps toward the achievement of this goal	
			8.1C2 Establish time frames toward the achievement of this goal	
		3 Identify people who can help you achieve your goal and ask for their help	8.1C3 Identify people who can help you achieve your goal	
			8.1C3 Ask for help from individuals who can help you reach your goal	
		4 Monitor progress on achieving your goal and make adjustments in your plan as needed	8.1C4 Monitor progress on achieving your goal	
			8.1C4 Make adjustments in your plan as needed	
		5Evaluate your level of goal achievement, identifying factors that contributed or detracted from it	8.1C5 Evaluate your level of goal achievement	
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 why both parties in a conflict feel as they do	8.2A1 Analyze why both parties in a conflict feel as they do	
		2 Recognize actions that hurt others	8.2A2 Recognize actions that hurt others	
		3 Acknowledge the contributions of others	8.2A3 Acknowledge the contributions of others	
		4 Provide support to others who are experiencing problems	8.2A4 Provide support to others who are experiencing problems	
	2B Recognize individual and group similarities and differences	1 Analyze the consequences of ignoring the rights of other people	8.2B1 Analyze the consequences of ignoring the rights of other people	
		2 Analyze why students who are different may be teased or bullied	8.2B2 Analyze why students who are different may be teased or bullied	
		3 Describe strategies for preventing or stopping bullying	8.2B3 Describe strategies for preventing bullying	
			8.2B3 Describe strategies for stopping bullying	
		4 Role-play strategies for preventing or stopping bullying	8.2B4 View media clips strategies that demonstrate bully prevention strategies	
			8.2B4 View media clips showing strategies for stopping bullying	
		5 Evaluate the effectiveness of strategies for preventing or stopping bullying	8.2B5 Evaluate the effectiveness of strategies for preventing bullying	
			8.2B5 Evaluate the effectiveness of strategies for stopping bullying	
		1 Differentiate among passive, assertive, and aggressive responses to peer pressure	8.2C1 Differentiate among passive, assertive, and aggressive responses to peer pressure	

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Social-awareness and Relationship Skills <i>(cont'd)</i>	2B Recognize individual and group similarities and differences <i>(cont'd)</i>	2 Develop guidelines for effective email communication	8.2C2 Develop guidelines for effective email communication	
		3 Role-play responding non-defensively to criticism or accusation	8.2C3 View media clips depicting responding non-defensively to criticism	
			8.2C3 View media clip depicting a response non-defensively to accusation	
		4 Use self-reflection to determine how to stop the spread of gossip	8.2C4 Examine how to stop the spread of gossip through the use of self reflection	
	2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways	1 Evaluate the effectiveness of various strategies for dealing with negative peer pressure (e g ignoring it changing the subject, calling attention to negative consequences, suggesting alternatives)	8.2D1 Evaluate the effectiveness of various strategies for dealing with negative peer pressure	
		2 Role-play de-escalating a conflict to avoid a fight	8.2D2 View media clip depicting de-escalating a conflict to avoid a fight	
		3 Practice peer mediation skills	8.2D3 View media clip depicting peer mediation skills.	
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 Recognize the impact of unethical or destructive behavior on family, friends, or loved ones	8.3A1 Recognize the impact of unethical behavior on family, friends, or loved ones	
			8.3A1 Recognize the impact of destructive behavior on family, friends, or loved ones	
		2 Recognize the legal issues related to the use of alcohol, tobacco, and other drugs by adolescents	8.3A2 Recognize the legal issues related to the use of alcohol, tobacco, and other drugs by adolescents	
	3B Apply decision-making to deal responsibly with dail academic and social situations.	1 Recognize the influence of peers on your social success	8.3B1 Recognize the influence of peers on your social success	
		2 Define methods for addressing interpersonal differences in a positive manner	8.3B2 Define methods for addressing interpersonal differences in a positive manner	
	3C Contribute to the well-being of one's school and community	1 Explain how one's decision and behaviors affect the well being of one's school and community	8.3C1 Explain how one's decisions affects the well-being of one's school and community	
			8.3C2 Explain how one's behaviors affect the well-being of one's school and community	