

SEL - Grade 7

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 Recognize emotions as indicators of situations in need of attention	7.1A1 Recognize emotions as indicators of situations in need of attention	
		2 Distinguish how you really feel from how others expect you to feel	7.1A2 Distinguish how you really feel from how others expect you to feel	
			7.1A2 Analyze emotional states that detract from your ability to solve problems	
		5 Analyze the effect of self-talk on emotions	7.1A5 Analyze the effect of self-talk on emotions	
		6 Practice self-calming techniques deep breathing, self-talk, progressive relaxation, etc. to manage stress	7.1A6 Practice self-calming techniques to manage stress	
		7 Demonstrate an ability to process emotions to facilitate problem-solving (examples include, overcome negativity, and develop a positive attitude)	7.1A7 Correlate the ability to process emotions to facilitate problem-solving	
		1B Recognize personal qualities and external supports	2 Recognize the outside influences on development of personal characteristics (examples include, body image, self-esteem, behavior)	
	7.1B2 Investigate how school support personnel assist students			
	5 Evaluate the benefits of participating in extra-curricular activities (examples include, friendship, leadership, learning new skills, teamwork)		7.1B5 Evaluate the benefits of participating in extra-curricular activities	
	1C Demonstrate skills related to achieving personal and academic goals	1 Identify resources to help progress towards a goal (examples include, research materials)	7.1C1 Identify resources to help progress towards a goal	
3 Analyze how you might have made better use of supports and overcome obstacles in working on a recent goal		7.1C3 Analyze how you might have made better use of supports in working on a recent goal		
		7.1C3 Analyze how you might have overcome obstacles in working on a recent goal		
4 Distinguish between a short and long-term goal		7.1C4 Distinguish between a short and long-term goal		
5 Apply goal-setting skills to develop academic success		7.1C5 Apply goal-setting skills to develop academic success		
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	2 Recall a situation where your behavior impacted the feelings of others either positively or negatively	7.2A2 Recall a situation where your behavior impacted the feelings of others in a positive way	
			7.2A2 Recall a situation where your behavior impacted the feelings of others in a negative way	
		3 Describe how classmates who are the subject of rumors or bullying might feel	7.2A3 Describe how classmates who are the subject of rumors or bullying might feel	
		4 Distinguish between bullying and non-bullying situations	7.2A4 Distinguish between bullying and non-bullying situations	
	2B Recognize individual and group similarities and differences	2 Identify negative depictions of differences among people (examples include, gender or sexual orientation stereotyping, discrimination against socio-economic or culture minorities, prejudices based on misinformation in readings completed for coursework)	7.2B2 Identify negative depictions of differences among people in readings completed for coursework	

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Social-awareness and Relationship Skills (con't)	2B Recognize individual and group similarities and differences (cont'd)	3 Explain how a lack of understanding of social and cultural differences can contribute to intolerance	7.2B3 Explain how a lack of understanding of social and cultural differences can contribute to intolerance		
		4 Evaluate ways of overcoming a lack of understanding of those who are different	7.2B4 Evaluate ways of overcoming a lack of understanding of those who are different		
		5 Explain why bullying or making fun of others is harmful to oneself or others (examples include, physical or verbal)	7.2B5 Explain why bullying is harmful to oneself or others 7.2B5 Explain why making fun of others is harmful to oneself or others		
		6 Listen respectfully to opposing points of views on controversial issues	7.2B6 Listen respectfully to opposing points of views on controversial issues		
	2C Use communication and social skills to interact effectively with others	1 Role-play how to report bullying behavior	7.2C1 Role-play how to report bullying behavior		
		2 Participate in setting and enforcing class rules	7.2C2 Participate in setting class rules 7.2C2 Participate in enforcing class rules		
		3 Practice strategies for maintaining positive relationships (examples include, pursuing shared interests and activities, spending time together, giving and receiving help, practicing forgiveness)	7.2C3 Practice strategies for maintaining positive relationships		
		5 Demonstrate an ability both to assume leadership and be a team player in achieving group goals	7.2C5 Model the ability to assume leadership in achieving group goals 7.2C5 Model the ability to be a team player in achieving group goals		
		2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways	2 List characteristics of friends who are a healthy or unhealthy influence	7.2D2 List characteristics of friends who are a healthy influence 7.2D2 List characteristics of friends who are an unhealthy influence	
	4 Brainstorm destructive behaviors encouraged by peers (examples include, drugs, gossip, sexual behaviors, self-destructive behavior, etc)		7.2D4 Brainstorm destructive behaviors encouraged by peers		
	5 Analyze the causes of a physical or verbal fight that you observed and prevention strategies		7.2D5 Analyze the causes of a physical or verbal fight that you observed 7.2D5 Analyze the prevention strategies that could have been used		
	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 Identify safe alternatives to risky behaviors (examples include, riding in a car with a drunk driver, riding a skate board in a dangerous place, resisting smoking or drugs)	7.3A1 Identify safe alternatives to risky behaviors
		3 Define the roles of responsibility as a victim, bystander, perpetrator, rescuer in a situation		7.3A3 Define the role of responsibility as a victim in a situation	
7.3A3 Define the role of responsibility as a bystander in a situation					
7.3A3 Define the role of responsibility as a perpetrator in a situation					
7.3A3 Define the role of responsibility as rescuer in a situation					
6 Judge the seriousness of unethical behaviors (examples include, cheating, lying, stealing, plagiarism, etc.)	7.3A6 Judge the seriousness of unethical behaviors				

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Responsible Decision-making (cont'd)	3B Apply decision-making skills to deal responsibly with daily academic and social situations	2 Describe the effects of procrastination and disorganization on academic outcomes	7.3B2 Describe the effects of procrastination on academic outcomes	
			7.3B2 Describe the effects of disorganization on academic outcomes	
		3 Analyze how decision-making skills improve your study habits	7.3B3 Analyze how decision-making skills improve your study habits	
		7 Demonstrate refusal skills	7.3B7 Give examples of refusal skills	
	3C Contribute to the well-being of one's school and community	2 Identify responsibilities of citizenship (examples include, obeying laws, serving on juries, being informed about issues, being involved in influencing public policy)	7.3C2 Identify responsibilities of citizenship	
		5 Collect information about how groups are working to improve the community	7.3C5 Collect information about how groups are working to improve the community	