

# SOCIAL EMOTIONAL LEARNING AND DEVELOPMENTAL ASSETS

SELF-MANAGEMENT	
Demonstrate and Practice	Correlating Asset
<ul style="list-style-type: none"> <li>• Resilience in the face of obstacles</li> <li>• Regulating one's emotions</li> <li>• Compassion for self and others</li> <li>• Perseverance</li> <li>• Pause between stimulus and response</li> <li>• Healthy boundaries</li> <li>• Setting and monitoring personal and academic goals</li> </ul>	<ul style="list-style-type: none"> <li>11 Family Boundaries</li> <li>12 School Boundaries</li> <li>13 Neighborhood Boundaries</li> <li>16 High Expectations</li> <li>21 Achievement Motivation</li> <li>22 School Engagement</li> <li>40 Positive View of Personal Future</li> </ul>



SELF-AWARENESS	
Demonstrate and Practice	Correlating Asset
<ul style="list-style-type: none"> <li>• Feelings and needs</li> <li>• Strengths in self, community and culture</li> <li>• Relationship between feelings, thoughts, and behaviors</li> <li>• Judgments and biases</li> <li>• Level of optimism</li> </ul>	<ul style="list-style-type: none"> <li>8 Youth as Resources</li> <li>17 Creative activities</li> <li>25 Reading for Pleasure</li> <li>37 Personal Power</li> <li>38 Self Esteem</li> <li>39 Sense of Purpose</li> </ul>

SOCIAL AWARENESS	
Demonstrate and Practice	Correlating Asset
<ul style="list-style-type: none"> <li>• Empathy</li> <li>• Awareness of strengths in self and others</li> <li>• Cultural competence</li> <li>• Appropriate use of humor</li> <li>• Recognizing family, school, and community resources</li> <li>• Perspective taking</li> <li>• Reflective listening</li> </ul>	<ul style="list-style-type: none"> <li>6 Parental Involvement in School</li> <li>7 Community Values Youth</li> <li>9 Service to Others</li> <li>26 Caring</li> <li>27 Equality and Social Justices</li> <li>34 Cultural Competence</li> <li>41 Positive Cultural Identity</li> </ul>

RELATIONSHIP SKILLS	
Demonstrate and Practice	Correlating Asset
<ul style="list-style-type: none"> <li>• Building relationships with diverse individuals and groups</li> <li>• Listening and communication skills</li> <li>• Working cooperatively</li> <li>• Resolving conflicts</li> <li>• Seeking help</li> </ul>	<ul style="list-style-type: none"> <li>1 Family Support</li> <li>2 Positive family Communication</li> <li>3 Other Adult Relationships</li> <li>4 Caring Neighborhood</li> <li>5 Caring School Climate</li> <li>14 Adult Role Models</li> <li>15 Positive Peer Relationships</li> <li>18 Youth Programs</li> <li>20 Time at Home</li> <li>24 Bonding to School</li> <li>33 Interpersonal Competence</li> <li>36 Peaceful Conflict Resolution</li> </ul>

RESPONSIBLE DECISION-MAKING	
Demonstrate and Practice	Correlating Asset
<ul style="list-style-type: none"> <li>• Considering the well-being of self and others</li> <li>• Recognizing one's responsibility to behave ethically</li> <li>• Basing decisions on safety, social, and ethical considerations</li> <li>• Evaluating realistic consequences of various actions</li> <li>• Making constructive, safe choices about self, relationships, and school</li> </ul>	<ul style="list-style-type: none"> <li>10 Safety</li> <li>19 Faith Community</li> <li>23 Homework</li> <li>28 Integrity</li> <li>29 Honesty</li> <li>30 Responsibility</li> <li>31 Restraint</li> <li>32 Planning and Decision Making</li> <li>35 Resistance Skills</li> <li>36 Peaceful Conflict Resolution</li> </ul>