

Utah

Social & Emotional Learning Outcomes



OUTCOME 1: UNDERSTAND & MANAGE EMOTIONS

The knowledge, attitudes, and skills to objectively examine, understand, and effectively manage emotions, thoughts, and behaviors.

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| <ul style="list-style-type: none">• Emotional Awareness• Emotional Regulation• Coping Strategies• Managing Stress• Resilience & Perseverance | <ul style="list-style-type: none">• Happiness• Gratitude• Navigating Uncertainty• Embracing Change |
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OUTCOME 2: SET & ACHIEVE POSITIVE GOALS

The knowledge, attitude, and skills to set goals, plan one's actions to reach those goals, and carry out those plans to completion.

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| <ul style="list-style-type: none">• Critical Thinking• Problem Solving• Deep Learning• Motivation• Lifelong Learning | <ul style="list-style-type: none">• Goal Setting• Feedback• Time Management• Executive Function• Organization |
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OUTCOME 3: FEEL & SHOW EMPATHY FOR OTHERS

The knowledge, attitude, and skills to be aware of, understand, and be sensitive to the feelings, thoughts, and experience of others, including those from diverse backgrounds, cultures, and contexts.

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| <ul style="list-style-type: none">• Empathy• Power of Words | <ul style="list-style-type: none">• Respect for Others• Perspective Taking |
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OUTCOME 4: ESTABLISH & MAINTAIN POSITIVE RELATIONSHIPS

The knowledge, attitude, and skills to establish and maintain healthy and supportive relationships and to effectively navigate relationships with individuals and groups from diverse backgrounds

- Respecting Personal Space
- Strengths of Others
- Kindness & Friendship
- Communication
- Active Listening

- Collaboration
- Conflict Resolution
- Leadership
- Connection

OUTCOME 5: MAKE RESPONSIBLE DECISIONS

The knowledge, attitude, and skills to make caring and constructive choices about personal behavior and social interactions across various situations

- Responsibility
- Choices & Consequences
- Civic Roles
- Digital Citizenship
- Making a Difference
- Nutrition
- Exercise
- Self-Care & Hygiene

- Mind & Body Drug Free
- Bully Prevention
- Physical Safety
- Psychological Safety
- Maslow's Pyramid
- Well-Being
- Conditions of Well-Being

OUTCOME 6: SELF-ADVOCATE

The knowledge, attitude, and skills to effectively communicate and assert personal needs and wants

- Self-Efficacy
- Character Traits
- Honesty & Integrity
- Courage
- Positive Peer Impact

- Personal Excellence
- Self-Compassion
- Growth Mindset
- Self-Awareness
- Celebrating My Strengths