

North Carolina

Social Emotional Learning Competencies



SELF-AWARENESS: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.

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

- Character Traits
- Navigating Uncertainty
- Embracing Change
- Happiness
- Lifelong Learning
- Gratitude

SELF-MANAGEMENT: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

- Emotional Regulation
- Managing Stress
- Coping Strategies
- Executive Function
- Motivation
- Goal Setting
- Time Management
- Organization
- Self-Care & Hygiene
- Exercise
- Nutrition
- Resilience & Perseverance
- Responsibility
- Self-Compassion

- Personal Excellence
- Self-Efficacy
- Growth Mindset
- Embracing Change
- Navigating Uncertainty
- Happiness
- Conditions of Well-Being
- Well-Being
- Maslow's Pyramid
- Feedback
- Test Preparation
- Lifelong Learning
- Deep Learning

SOCIAL AWARENESS: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.

- Perspective Taking
- Empathy
- Strengths of Others
- Respect for Others
- Kindness & Friendship
- Connection
- Communication
- Power of Words

- Positive Peer Impact
- Bully Prevention
- Digital Citizenship
- Civic Roles
- Leadership
- Making a Difference
- Gratitude

RELATIONSHIP SKILLS: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

- Communication
- Active Listening
- Connection
- Kindness & Friendship
- Empathy
- Respect for Others
- Respecting Personal Space
- Collaboration
- Conflict Resolution

- Feedback
- Leadership
- Positive Peer Impact
- Strengths of Others
- Digital Citizenship
- Making a Difference
- Power of Words
- Courage

RESPONSIBLE DECISION-MAKING: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.

- Choices & Consequences
- Critical Thinking
- Problem Solving
- Honesty & Integrity
- Character Traits
- Responsibility
- Courage
- Resilience & Perseverance
- Executive Function
- Physical Safety
- Psychological Safety

- Mind & Body Drug Free
- Conflict Resolution
- Respect for Others
- Perspective Taking
- Positive Peer Impact
- Leadership
- Feedback
- Power of Words
- Making a Difference
- Civic Roles
- Digital Citizenship