

Nevada

Social Emotional Learning Standards



SELF-AWARENESS: The abilities to understand your own emotions, thoughts, and values, and how they influence your behavior across contexts. This includes the capacities to recognize your strengths and opportunities for growth.

Nevada Learning Standards	In Focus Lessons
1. Develop personal interests and self-efficacy* Self-efficacy is the confidence in your ability to reach your goals	• Self Awareness • Self-Efficacy • Celebrating My Strengths • Character Traits • Personal Excellence • Motivation • Goal Setting
2. Identify emotions	• Emotional Awareness • Happiness • Self-Compassion
3. Cultivate a growth mindset* Growth mindset is the belief that you can develop and improve your abilities by practicing, taking on challenges, and learning from mistakes	• Growth Mindset • Self-Efficacy • Personal Excellence • Lifelong Learning • Resilience & Perseverance • Embracing Change • Navigating Uncertainty

Nevada

Social Emotional Learning Standards



SELF-MANAGEMENT: The abilities to understand and respond to your emotions and thoughts in different situations. This includes the capacities to delay gratification, manage stress, and practice self-determination to accomplish personal and collective goals.

Nevada Learning Standards	In Focus Lessons
4. Regulate emotions	• Emotional Regulation • Managing Stress • Coping Strategies • Happiness • Self-Care & Hygiene • Gratitude
5. Set and achieve goals	• Goal Setting • Self-Efficacy • Motivation • Personal Excellence • Time Management • Organization • Executive Function • Test Preparation • Resilience & Perseverance
6. Develop agency* Agency is the freedom to make choices, develop ownership, and take intentional actions	• Choices & Consequences • Responsibility • Problem Solving • Maslow's Pyramid • Well-Being • Conditions of Well-Being • Nutrition • Exercise

Nevada

Social Emotional Learning Standards



SOCIAL-AWARENESS: The abilities to understand the perspectives of and empathize with others, across backgrounds, cultures, and contexts. This includes the capacities to feel compassion for others and understand social norms for behavior in different settings.

Nevada Learning Standards	In Focus Lessons
7. Recognize the emotions and perspectives of others	• Perspective Taking • Emotional Awareness • Active Listening • Strengths of Others • Respect for Others • Psychological Safety • Connection
8. Demonstrate empathy and compassion	• Empathy • Kindness & Friendship • Bully Prevention • Respect for Others • Power of Words • Positive Peer Impact • Making a Difference
9. Practice gratitude	• Gratitude • Strengths of Others • Character Traits • Celebrating My Strengths • Kindness & Friendship

Nevada

Social Emotional Learning Standards



RELATIONSHIP SKILLS: The abilities to establish and maintain healthy and supportive relationships. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve, negotiate conflict constructively, provide leadership, and seek or offer help when needed.

Nevada Learning Standards	In Focus Lessons
10. Communicate effectively	• Communication • Active Listening • Power of Words • Feedback • Respect for Others • Perspective Taking
11. Practice teamwork and collaborative problem-solving	• Collaboration • Strengths of Others • Problem Solving • Conflict Resolution • Leadership • Communication • Active Listening
12. Seek and offer support when needed	• Connection • Positive Peer Impact • Psychological Safety • Kindness & Friendship • Bully Prevention • Conflict Resolution • Communication • Coping Strategies • Feedback

Nevada

Social Emotional Learning Standards



RESPONSIBLE DECISION-MAKING: The abilities to make caring and constructive choices about personal behavior and social interactions across a variety of situations. This includes the capacities to consider ethical standards, evaluate safety, and weigh the consequences of your actions.

Nevada Learning Standards	In Focus Lessons
13. Cultivate curiosity and open-mindedness	• Perspective Taking • Deep Learning • Lifelong Learning • Growth Mindset • Feedback • Resilience & Perseverance
14. Make reasoned decisions and judgments	• Critical Thinking • Choices & Consequences • Problem Solving • Character Traits • Honesty & Integrity • Digital Citizenship • Test Preparation • Feedback • Leadership
15. Understand the impact of one's actions	• Choices & Consequences • Responsibility • Positive Peer Impact • Digital Citizenship • Civic Roles • Making a Difference • Courage • Mind & Body Drug Free • Physical Safety • Respecting Personal Space