



**Broward County Public Schools**  
 Student Support Initiatives  
**Social Emotional Competencies and Learning Skills**



Table 1. Skills Related to Five Overarching Social-Emotional Competencies

<b>Social-Emotional Competency</b>	<b>Social-Emotional Learning Skills Related to Each Competency</b>
<b>Self-awareness</b>	<ul style="list-style-type: none"> <li>▪ Label and recognize own and others’ emotions</li> <li>▪ Identify what triggers own emotions</li> <li>▪ Analyze emotions and how they affect others</li> <li>▪ Accurately recognize own strengths and limitations</li> <li>▪ Identify own needs and values</li> <li>▪ Possess self-efficacy and self-esteem</li> </ul>
<b>Self-management</b>	<ul style="list-style-type: none"> <li>▪ Set plans and work toward goals</li> <li>▪ Overcome obstacles and create strategies for more long-term goals</li> <li>▪ Monitor progress toward personal and academic short- and long-term goals</li> <li>▪ Regulate emotions such as impulses, aggression, and self-destructive behavior</li> <li>▪ Manage personal and interpersonal stress</li> <li>▪ Attention control (maintain optimal work performance)</li> <li>▪ Use feedback constructively</li> <li>▪ Exhibit positive motivation, hope, and optimism</li> <li>▪ Seek help when needed</li> <li>▪ Display grit, determination, or perseverance</li> </ul>
<b>Social awareness</b>	<ul style="list-style-type: none"> <li>▪ Identify social cues (verbal, physical) to determine how others feel</li> <li>▪ Predict others’ feelings and reactions</li> <li>▪ Evaluate others’ emotional reactions</li> <li>▪ Respect others (e.g., listen carefully and accurately)</li> <li>▪ Understand other points of view and perspectives</li> <li>▪ Appreciate diversity (recognize individual and group similarities and differences)</li> </ul>
<b>Relationship management</b>	<ul style="list-style-type: none"> <li>▪ Demonstrate capacity to make friends</li> <li>▪ Exhibit cooperative learning and working toward group goals</li> <li>▪ Evaluate own skills to communicate with others</li> <li>▪ Manage and express emotions in relationships, respecting diverse viewpoints</li> <li>▪ Communicate effectively</li> <li>▪ Cultivate relationships with those who can be resources when help is needed</li> <li>▪ Provide help to those who need it</li> <li>▪ Demonstrate leadership skills when necessary, being assertive and persuasive</li> <li>▪ Prevent interpersonal conflict, but manage and resolve it when it does occur</li> <li>▪ Resist inappropriate social pressures</li> </ul>
<b>Responsible decision making</b>	<ul style="list-style-type: none"> <li>▪ Identify decisions one makes at school</li> <li>▪ Discuss strategies used to resist peer pressure</li> <li>▪ Reflect on how current choices affect future</li> <li>▪ Identify problems when making decisions, and generate alternatives</li> <li>▪ Implement problem-solving skills when making decisions, when appropriate</li> <li>▪ Become self-reflective and self-evaluative</li> <li>▪ Make decisions based on moral, personal, and ethical standards</li> <li>▪ Make responsible decisions that affect the individual, school, and community</li> <li>▪ Negotiate fairly</li> </ul>