

# 15 Essential Skills

for Academic Development & Personal Well-being

- 1 Develop personal interests and self-efficacy
- 2 Identify emotions
- 3 Cultivate a growth mindset
- 4 Regulate emotions
- 5 Set and achieve goals
- 6 Develop agency
- 7 Recognize the emotions and perspectives of others
- 8 Demonstrate empathy and compassion
- 9 Practice gratitude
- 10 Communicate effectively
- 11 Practice teamwork and collaborative problem-solving
- 12 Seek and offer support when needed
- 13 Cultivate curiosity and open-mindedness
- 14 Make reasoned decisions and judgments
- 15 Understand the impact of one's actions

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**Provide Feedback**



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