

# Nevada's Social Emotional Learning Standards

## *Competency 1: Self-Awareness*

### **Standards**

The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and opportunities for growth with a well-grounded sense of confidence and purpose. Such as:

**1a Develop personal and social identities**

**1b Identify emotions**

**1c Develop personal interests and self-efficacy**

**1d Cultivate a growth mindset**

## *Competency 2: Self-Management*

### **Standards**

The abilities to understand and respond to one's emotions, thoughts, and behaviors in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, be motivated and practice self-determination to accomplish personal and collective goals. Such as:

**2a Regulate emotions**

**2b Set goals**

**2c Demonstrate personal and collective agency**

## *Competency 3: Social Awareness*

### **Standards**

The abilities to understand the perspectives of and empathize with others, across diverse backgrounds, cultures and contexts. This includes the capacities to feel compassion for others, understand social norms for behavior in different settings, and recognize family, school and community resources and supports. Such as:

**3a Acknowledge others and differing perspectives**

**3b Recognize strengths in others**

**3c Demonstrate empathy and compassion**

**3d Demonstrate the practice of gratitude**

**3e Demonstrate an awareness and respect for human dignity across cultures, preferences, and values**

## *Competency 4: Relationship Skills*

### **Standards**

The abilities to establish and maintain healthy and supportive relationships and to navigate settings with differing social and cultural demands and opportunities. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, provide leadership, and seek or offer help when needed. Such as:

**4a Communicate effectively**

**4b Maintain positive relationships**

**4c Practice teamwork and collaborative problem-solving**

**4d Seek or offer support and help when needed**

## *Competency 5: Responsible Decision-Making*

### **Standards**

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 and safety concerns, as well as to weigh the benefits and consequences of one's own actions for personal, social, and collective well-being. Such as:

**5a Demonstrate curiosity and open-mindedness in decision making**

**5b Identify solutions for personal and social problems**

**5c Demonstrate the ability to make a reasoned decision or judgment after analyzing information**

**5d Understand the consequences of one's actions**