

# Nevada Social Emotional Learning Standards

**Social Emotional Learning (SEL)** is the ongoing process of developing skills to understand and manage emotions, make thoughtful decisions, and sustain meaningful relationships.

## Self-Awareness

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.

## Social-Awareness

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.

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

## Self-Management

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.

## Relationship Skills

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.

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## Self-Awareness

- 1 Develop personal interests and *self-efficacy*\*
- 2 Identify emotions
- 3 Cultivate a *growth mindset*\*

## Social Awareness

- 7 Recognize the emotions and perspectives of others
- 8 Demonstrate empathy and compassion
- 9 Practice gratitude

## Responsible Decision Making

- 13 Cultivate curiosity and open-mindedness
- 14 Make reasoned decisions and judgments
- 15 Understand the impact of one's actions

## Self-Management

- 4 Regulate emotions
- 5 Set and achieve goals
- 6 Develop *agency*\*

## Relationship Skills

- 10 Communicate effectively
- 11 Practice teamwork and collaborative problem-solving
- 12 Seek and offer support when needed

**Self-efficacy** is the confidence in your ability to reach your goals

**Growth mindset** is the belief that you can develop and improve your abilities by practicing, taking on challenges, and learning from mistakes

**Agency** is the freedom to make choices, develop ownership and take intentional actions