**Self-Awareness**

- Recognize one's own feelings and thoughts
- Recognize the impact of one's own feelings and thoughts on one's own behavior
- Recognize one's own limitations
- Recognize the importance of self-confidence in finding and dealing with challenges

**Social Awareness**

- Understand and apply strategies for managing one's own emotions, thoughts and behaviors
- Recognize the skills needed to establish and maintain personal and interpersonal goals
- Identify and apply ways to prevent or overcome barriers through alternative methods to achieve one's goals
- Recognize and identify the thoughts, feelings, strengths and limitations of others
- Demonstrate an awareness of the differences among individuals, groups and others' cultural backgrounds
- Demonstrate an understanding of the need for mutual respect when viewpoints differ
- Demonstrate an awareness of the expectations for social interactions in a variety of settings

**Relationship Skills**

- Establish and maintain healthy relationships
- Utilize positive communication and social skills to interact effectively with others
- Identify ways to avoid inappropriate social pressures
- Demonstrate the ability to present and resolve interpersonal conflicts in constructive ways
- Identify who, when, where or how to seek help for oneself or others when needed

**Self-Management**

- Develop, implement and modify effective problem-solving and critical thinking skills
- Identify the consequences associated with one's actions in order to make constructive choices
- Evaluate personal, physical, safety and civic impact of decisions

**Responsible Decision-Making**

- Demonstrate an awareness of the expectations for responsible decision-making and the consequences of those decisions
- Evaluate personal, ethical, safety and civic impact of decisions
- Develop, refine and apply decision-making skills for presentations
- Convey reasoning through the presentation of artistic works
- Analyze personal, ethical, safety and civic impact of decisions
- Demonstrate awareness of the differences among individuals, groups and others' cultural backgrounds
- Identify the consequences associated with one's actions in order to make constructive choices
- Evaluate personal, physical, safety and civic impact of decisions

**SEL Competencies**

- Identify who, when, where or how to seek help for oneself or others when needed
- Recognize the impact of one's own feelings, thoughts, strengths and challenges on the selection, interpretation and performance/presentation/production of artistic works
- Identify problems and strategies to overcome them to improve the quality of one's presentation/performance/production/production of artistic works
- Identify the consequences associated with one's actions in order to make constructive choices
- Evaluate personal, physical, safety and civic impact of decisions
- Analyze personal, ethical, safety and civic impact of decisions
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