SEL Skill Areas

Self-Awareness and Self-Management
- Shows emotional awareness through ability to recognize and label one’s emotion and connect feelings to situations
- Ability to use strategies to keep oneself calm and focus on goals

Social Awareness and Relationship Skills
- Recognizes and respects the feelings and perspectives of others
- Child can understand and respect others’ feelings and point of view
- Child can appropriately offer help to others
- Making friends and engaging in appropriate interactions with peers and adults

Responsible Decision Making
- Stay calm and in control during conflicts with others
- Make good and safe decisions on your own and begin to think of solutions to problems
- Being a valuable, involved, and constructive participant in group settings

Resources

When parents are involved with their child’s education it increases successful educational outcomes.

The Collaborative for Academic, Social, and Emotional Learning
www.casel.org
Easy-to-use information, with a section on how parents can support their children’s social and emotional learning at home.

Parent Tool Kit for Social-Emotional Learning and Health
http://www.parenttoolkit.com/index.cfm?objectid=4C2E89B0-32E7-11E4-AB0A0050569A5318
Age-related tips, fact sheets, blogs, and articles on your child’s social-emotional development, behavior, learning, and health.

Educar con inteligencia emocional
Kindle edition, in Spanish, of Emotionally Intelligent Parenting, a guide to building your child’s SEL skills

New Brunswick Public Schools
268 Baldwin Street
New Brunswick, New Jersey 08901
http://www.nbpschools.net

Social-Emotional Learning (SEL) Expectations

The New Brunswick Public Schools will help students become life-long learners and responsible citizens and establish a safe, secure, and nurturing environment for social-emotional and academic growth in partnership with families and the community.

Grades 6-8
GRADE 6

Self-Awareness and Self-Management
- Can accurately identify emotions in oneself most of the time
- Almost never participates in bullying/harassment/intimidation
- Able to connect short term class goals with long term college/career goals

Social Awareness and Relationship Skills
- Can identify feelings of others and will sometimes provide support to peers without prompting
- Has one stable positive relationship within the class
- Can properly identify and remove self from situations that lead to conflict

Responsible Decision Making
- Looks at consequences for both self and others
- Apologizes with prompting for hurtful actions
- Sometimes offers suggestions and shows concern in meeting group goals

GRADE 7

Self-Awareness and Self-Management
- Can accurately recognize a range of emotions in oneself most of the time
- Identify ways to avoid harmful situations
- Can express the connection between class and college/career goals

Social Awareness and Relationship Skills
- Shows appropriate concern for others’ feelings
- Participates in group settings and listens to others’ opinions
- Can resolve conflicts with non-violent strategies

Responsible Decision Making
- Apologizes without prompting when actions harm others
- Sometimes engages in problem solving without prompting
- Resists peer pressure almost all of the time
- Usually offers suggestions in response to others’ ideas and comments on possible consequences
- Usually shows concern and is helpful in meeting group goals

GRADE 8

Self-Awareness and Self-Management
- Can identify and speak appropriately about emotional challenges
- Understands “risky” situations
- Can articulate and uses support when overwhelmed

Social Awareness and Relationship Skills
- Provides support for peers without prompting
- Has a minimum of one stable, positive relationship in class
- Avoids repeatedly being in situations that lead to conflict

Responsible Decision Making
- Takes into account self and others when participating in decision making
- Apologizes without prompting
- Constructively problem solves when faced with obstacles
- Resists peer pressure when making decisions almost all of the time
- Offers suggestions, shows concern and is helpful in meeting group goals