FRIENDZY™

·FRIENDZY.CO·

SOCIAL AND EMOTIONAL LEARNING CORE COMPETENCIES & SKILL SETS

SOCIAL AND EMOTIONAL LEARNING COMPETENCIES & SKILLS

01 Self-Awareness
- Identifying emotions
- Self-perception · Identity
- Recognizing strengths
- Sense of self-confidence
- Self-efficacy

02 Self-Management
- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Perseverance
- Goal-setting
- Organizational skills

03 Responsible Decision Making
- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility

04 Social Awareness
- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others

05 Relationship Skills
- Communication
- Social engagement
- Building relationships
- Working cooperatively
- Resolving conflicts
- Helping · Seeking help

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