

The Types Of *Social-Emotional* Learning Skills

Self-awareness

The ability to recognize one's emotions and how they influence behavior and awareness about strengths and weaknesses.

It's ok to be different.



Self-management

The ability to set goals and work towards them. It also teaches one to cope with impulses and control inappropriate reactions and behaviors.



Social awareness

Empathize with others by putting oneself in their shoes. Social awareness is also about seeing things from others' perspectives.



Relationship skills

The ability to build healthy relationships with people from different backgrounds. It instills the quality of resolving conflicts peacefully and knowing when and how to seek help.



Responsible decision making

The ability to make well-informed decisions by considering ethical and moral values. It also involves assessing other people's concerns and evaluating the consequences of one's actions.



References:

1. **What Is Social Learning (SEL):** Why It Matters?; National University
2. **A teacher's guide to social and emotional learning;** UMass Global Administration