



# UPPER DARBY

SCHOOL DISTRICT

Self-Awareness - know strengths and limitations, with a well-grounded sense of confidence, optimism and a “growth mindset” (NeuroLogic - Trauma-Informed Classroom)

Self-Management - effectively manage stress, control impulses and motivate yourself to set and achieve goals (NeuroLogic - Trauma-Informed Classroom)

Social Awareness - understand the perspectives of others and empathize with them, including those from diverse backgrounds and cultures (UDSD Equity Plan)



Relationship Skills - communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed (Supportive Relationships)

Responsible Decision-Making - make constructive choices about personal behavior and social interactions based on ethical standards, safety and social norms (Youth Court)

<https://casel.org/what-is-sel/>