

SOCIAL-EMOTIONAL LEARNING FRAMEWORK in IUSD (CASEL 5)

IUSD is committed to ensuring that all students learn at high levels and receive the highest quality educational experience we can envision. To achieve this, we employ a multi-tiered system of supports (MTSS) to identify and address academic, behavioral, and social-emotional needs of our students.

IUSD uses a continuum of support to ensure students have the behavioral and social-emotional learning (SEL) needed to be successful. (IUSD 01/2024)

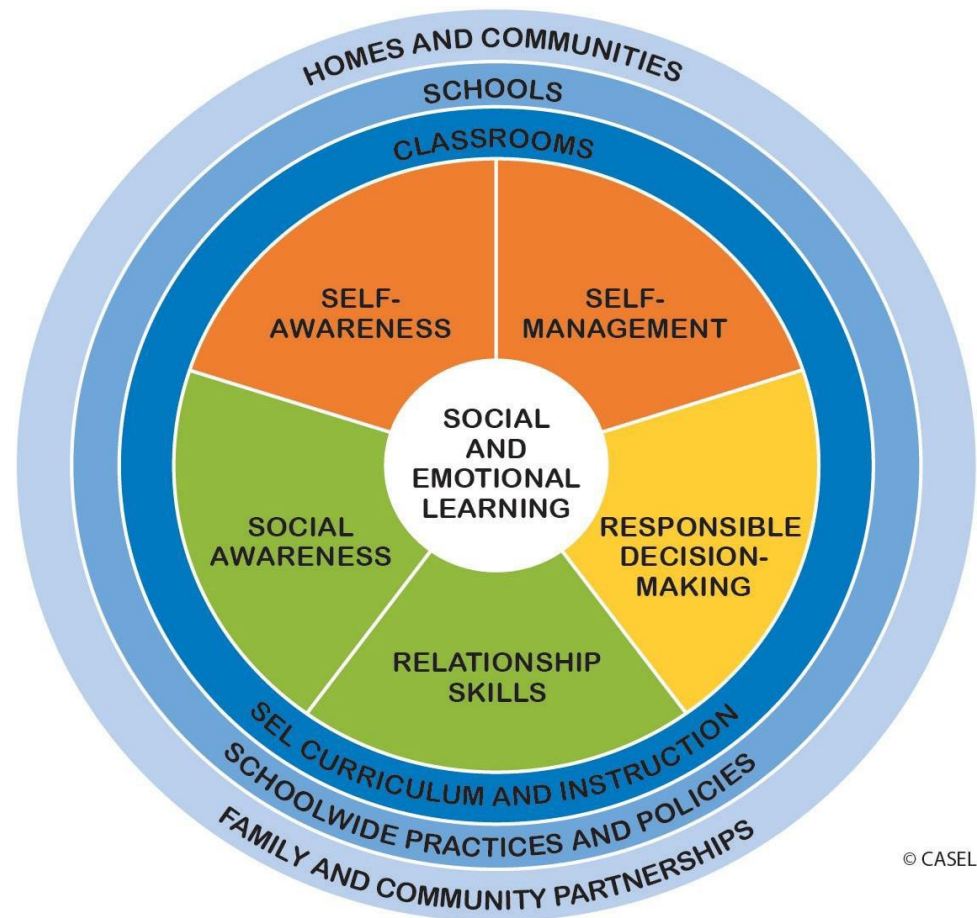
Intrapersonal (Self-Awareness and Self-Management)

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Interpersonal (Social Awareness and Relationship Skills)

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Responsible Decision-making



SOCIAL AND EMOTIONAL LEARNING (SEL) COMPETENCIES

SELF-AWARENESS

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

- ◆ Identifying emotions
- ◆ Accurate self-perception
- ◆ Recognizing strengths
- ◆ Self-confidence
- ◆ Self-efficacy

SELF-MANAGEMENT

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- ◆ Impulse control
- ◆ Stress management
- ◆ Self-discipline
- ◆ Self-motivation
- ◆ Goalsetting
- ◆ Organizational skills

SOCIAL AWARENESS

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- ◆ Perspective-taking
- ◆ Empathy
- ◆ Appreciating diversity
- ◆ Respect for others

RELATIONSHIP SKILLS

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- ◆ Communication
- ◆ Social engagement
- ◆ Relationship building
- ◆ Teamwork

RESPONSIBLE DECISION-MAKING

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- ◆ Identifying problems
- ◆ Analyzing situations
- ◆ Solving problems
- ◆ Evaluating
- ◆ Reflecting
- ◆ Ethical responsibility

