

SEL Competencies, Core Ideas, & Well-being

SEL Competency	Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision Making
Define	understand emotions, thoughts, and values and how they influence behavior	manage emotions, thoughts, and behaviors effectively in different situations	understand the perspectives of and empathize with others	establish and maintain healthy and supportive relationships	make caring and constructive choices about personal behavior and social interactions
Qualities or skills to support well-being	emotional intelligence honesty integrity self-efficacy growth mindset purpose	manage emotions manage stress self-discipline self-motivated personal goals take initiative	perspective taking empathy compassion express gratitude social norms situational awareness	communication cultural humility teamwork conflict resolution leadership seek/offer support	curiosity open-minded analyze information critical thinking consequences reflection
CORE IDEAS	IDENTITY	AGENCY	BELONGING	COLLABORATIVE PROBLEM-SOLVING	CURIOSITY
Define	how you view yourself as individual and as part of the world	feeling empowered to make choices and take action	experiencing acceptance, respect, and inclusion within a community.	build shared understanding and work together to find solutions	leads to the pursuit of knowledge and different perspectives

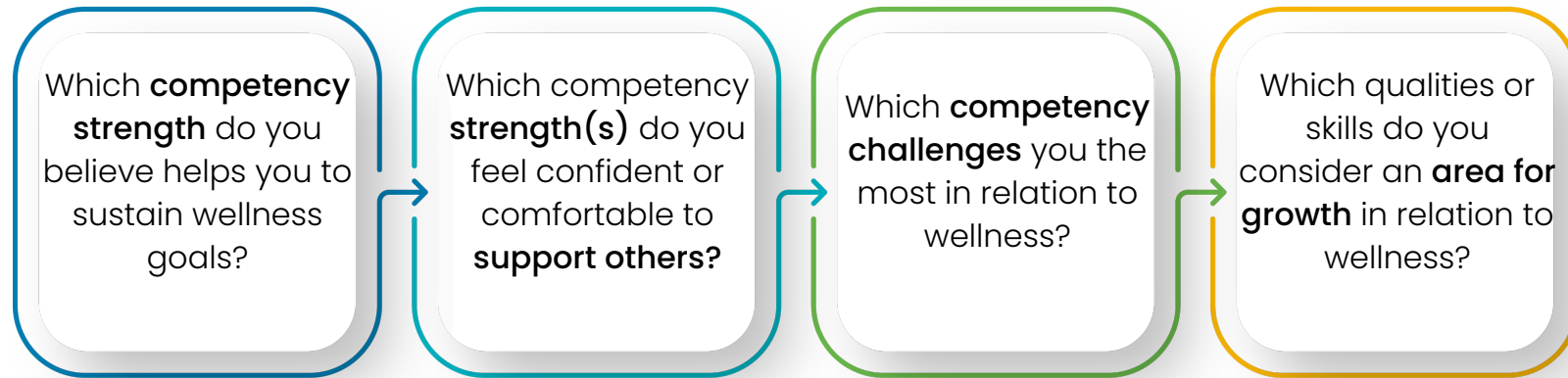
Adapted from case.l.org website - CASEL SEL competency framework, focal constructs, and transformative SEL concepts

SEL Competency	Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision Making
CORE IDEAS	IDENTITY	AGENCY	BELONGING	COLLABORATIVE PROBLEM-SOLVING	CURIOSITY
Core Idea concepts to consider for well-being	<p>Intersectionality: understanding the dynamic of co-existing identities (Kimberle Crenshaw)</p> <p>Systems of Power/Privilege: consider how the interactions between your identities and system of power/privilege impact your lived experience</p>	<p>Define: involves a redistribution of power that creates opportunities for voice, choice and ownership; perceived and actual capacity to affect change</p> <p>Optimism vs. Hope <i>optimism</i> - looks at evidence <i>hope</i> - goes beyond evidence to curate conditions for change critical hope - realistic examination</p>	<p>fundamental need of all humans (Maslow) - increases motivation - mitigates depression</p> <p>being seen enhanced self-worth</p> <p>relationships two-sided; co-created</p> <p>meaningful voice</p> <p>common humanity</p> <p><i>"I am because we are"</i> (Unbuntu)</p>	<p>Define: two or more people effectively engage to solve a problem with: <u>shared understanding</u> and effort pooling <i>knowledge and skills</i></p> <p>values diverse perspectives</p> <p>co-create solutions</p> <p>shift from "power held" to "power shared"</p>	<p>Define: a desire to know; interest leading to inquiry</p> <p><u>3 types of curiosity:</u> diversive - seek out new/novelty; no depth or process</p> <p>epistemic - diversive grown up; greater depth of knowledge of the new/'novel</p> <p>empathetic - curious about the "what", "how" and WHY; listening to LEARN</p>

SEL Competencies, Core Ideas, & Well-being

Reflection and Discussion Questions

Considering the SEL Competencies and qualities/skills to support well-being...

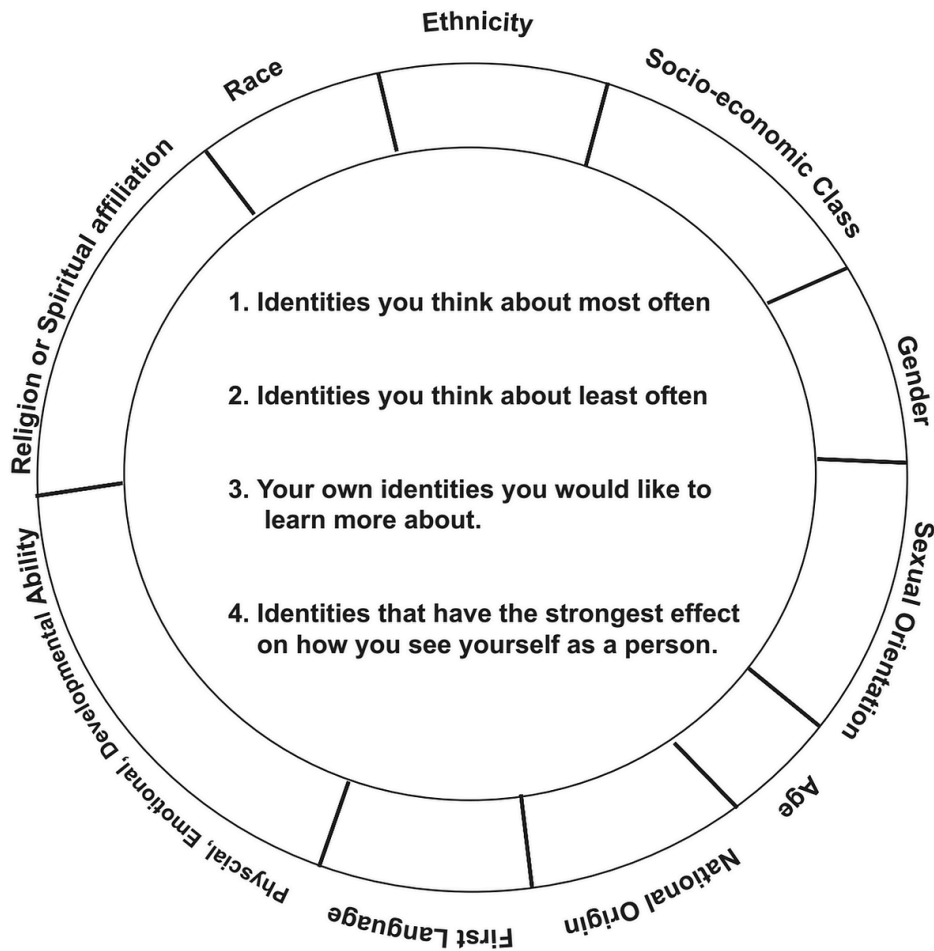


Considering the core ideas within the competency framework and wellness...Reflect and Discuss

IDENTITY	AGENCY	BELONGING	COLLABORATIVE PROBLEM-SOLVING	CURIOSITY
What aspect of your identity influences your personal wellness journey?	How does your agency show up in your personal wellness efforts?	Which aspect of belonging is most important to you when you consider wellness and community ?	<i>"If you want to go fast, go alone. If you want to go far, go together"</i> African Proverb	Which form of curiosity have you recently leaned into in relation to your wellness efforts?
What aspect of your identity raises barriers in your personal wellness journey?	When/Where do you feel most/least agentic (empowered toward action)?	What does common humanity mean to you?	When, in your wellness efforts, have you experienced the sentiment of this proverb?	When you find yourself frustrated in your wellness efforts, what role might curiosity play?

Social Identity Wheel

(Adapted from "Voices of Discovery", Intergroup Relations Center, Arizona State University)



SUPPLEMENTAL MATERIALS RELATED TO CORE IDEAS REFLECTION AND DISCUSSION

WHEEL OF POWER/PRIVILEGE



Adapted from ccrweb.ca

@sylviaaduckworth