

Virginia's SEL Standards K-12

"Overarching Concepts"

Self-Management

- Develop and demonstrate strategies for managing and expressing one's own emotions to persevere in challenging situations. **(Communication)**
- Demonstrate the skills related to achieving personal and academic goals. **(Creative Thinking)**

Self-Awareness

- Recognize and understand the interaction between one's own thoughts and emotions. **(Critical Thinking)**
- Develop a positive identity and recognize personal strengths, interests, values, and challenges. **(Creative Thinking)**

Social Awareness

- Demonstrate the ability to empathize with and show gratitude for others, including those with different and diverse perspectives, backgrounds and cultures. **(Collaboration)**
- Demonstrate the ability to understand broader historical and social contexts' impact on humanity. **(Citizenship)**

Relationship Skills

- Apply positive verbal and non-verbal communication and listening skills to interact with others, form and maintain positive relationships, and resolve conflict constructively. **(Communication)**
- Demonstrate the ability to effectively collaborate and navigate relationships while valuing different and diverse perspectives, backgrounds and cultures. **(Collaboration)**

Decision-Making

- Demonstrate the ability to evaluate, through reflection, the benefits and consequences of various actions within the decision-making process. **(Critical Thinking)**
- Demonstrate the ability to make ethical decisions as a global citizen and evaluate outcomes based on one's own identity and the impact on humanity. **(Citizenship)**