



**OAKLAND UNIFIED
SCHOOL DISTRICT**
Community Schools, Thriving Students

Social and Emotional Learning

Social and emotional learning (SEL) is a process through which children and adults develop the fundamental skills for life effectiveness. These are the skills we all need to handle ourselves, our relationships, and our work effectively and ethically. Everyone strengthens their social competencies to connect across race, class, culture, language, gender identity, sexual orientation, learning needs and age.

SELF-MANAGEMENT

- Regulate one's emotions and behaviors in contexts with people different than oneself
- Motivate oneself to set and achieve goals

SELF-AWARENESS

- Identify personal, cultural, and linguistic assets
- Identify prejudices and biases towards people different than oneself
- Understand the connections between one's emotions, social contexts and identity
- Demonstrate an accurate self-concept based on one's strengths and challenges
- Identify when help is needed and who can provide it

SOCIAL AWARENESS

- Establish and maintain healthy interactions and relationships across diverse communities
- Embrace diversity and take the perspectives of people different from oneself
- Demonstrate empathy for people similar to and different from oneself



RESPONSIBLE DECISION MAKING

- Problem solve effectively while being respectful of people similar to and different from oneself
- Behave responsibly in personal, professional and community contexts
- Make constructive and respectful choices that consider the well-being of self and others

RELATIONSHIP SKILLS

- Relate to people similar to and different than oneself
- Communicate clearly and effectively
- Build, establish and maintain healthy relationships



PreK-Adult Social and Emotional Learning Standards

Anchor Standard	Learning Standard	
<p>1 Self-Awareness Develop and demonstrate self awareness skills to:</p> <ul style="list-style-type: none"> Identify personal, cultural, and linguistic assets Identify prejudices and biases towards people different than oneself Understand the connections between one's emotions, social contexts and identity Demonstrate an accurate self-concept based on one's strengths and challenges Identify when help is needed and who can provide it 	1A	Individual demonstrates an understanding of one's emotions.
	1B	Individual demonstrates knowledge of personal strengths, challenges, cultural, linguistic assets, and aspirations.
	1C	Individual demonstrates awareness of personal rights and responsibilities.
	1D	Individual demonstrates an awareness of when help is needed and who can provide it.
<p>2 Self-Management Develop and demonstrate self-management skills to:</p> <ul style="list-style-type: none"> Regulate one's emotions and behaviors in contexts with people different than oneself Motivate oneself to set and achieve goals 	2A	Individual demonstrates the skills to manage and express one's emotions, thoughts, impulses and stress in constructive ways.
	2B	Individual demonstrates the skills to set, monitor, adapt, achieve, and evaluate goals.
<p>3 Social Awareness Develop and demonstrate social awareness skills to:</p> <ul style="list-style-type: none"> Establish and maintain healthy interactions and relationships across diverse communities Embrace diversity and take the perspectives of people different from oneself Demonstrate empathy for people similar to and different from oneself 	3A	Individual demonstrates empathy for other people's emotions, perspectives, cultures, languages, and histories.
	3B	Individual contributes productively to one's school, workplace, and community.
	3C	Individual demonstrates an awareness and respect for one's similarities and differences with others.
	3D	Individual recognizes leadership capacity in themselves and others.
<p>4 Relationship Skills Develop and demonstrate relationship skills to:</p> <ul style="list-style-type: none"> Relate to people similar to and different than oneself Communicate clearly and effectively Build, establish and maintain healthy relationships 	4A	Individual uses a range of communication skills to interact effectively with individuals of diverse backgrounds, abilities, languages, and lifestyles.
	4B	Individual cultivates constructive relationships with individuals of diverse backgrounds, abilities, languages, and lifestyles.
	4C	Individual demonstrates the skills to respectfully engage in and resolve interpersonal conflicts in various contexts.
<p>5 Responsible Decision Making Develop and demonstrate responsible decision making skills to:</p> <ul style="list-style-type: none"> Problem solve effectively while being respectful of people similar to and different from oneself Behave responsibly in personal, professional, and community contexts Make constructive and respectful choices that consider the well-being of self and others 	5A	Individual considers the well-being of self and others when making decisions.
	5B	Individual uses a systematic approach to decision making in a variety of situations.
	5C	Individual applies problem-solving skills to engage responsibly in a variety of situations.