

Social-Emotional Learning/Emotional Intelligence Skills

(Taken from J. S. Kress & M. J. Elisas [in press] Implementing School-Based Social and Emotional Learning Programs. *Handbook of Child Psychology*.)

<p><i>Self-Awareness</i> Recognizing and naming one's emotions Understanding the reasons and circumstances for feeling as one does Recognizing and naming others' emotions Recognizing strengths in, and mobilizing positive feelings about, self, school, family, and support networks Knowing one's needs and values Perceiving oneself accurately Believing in personal efficacy Having a sense of spirituality</p> <p><i>Self-Management and Organization</i> Verbalizing and coping with anxiety, anger, and depression Controlling impulses, aggression, and self-destructive, antisocial behavior Managing personal and interpersonal stress Focusing on tasks at hand Setting short- and long-term goals Planning thoughtfully and thoroughly Modifying performance in light of feedback Mobilizing positive motivation Activating hope and optimism Working toward optimal performance states</p>	<p><i>Social Awareness</i> Appreciating diversity Showing respect to others Listening carefully and accurately Increasing empathy and sensitivity to others' feelings Understanding others' perspectives, points of view, and feelings</p> <p><i>Responsible Decision Making</i> Analyzing situations perceptively and identifying problems clearly Exercising social decision-making and problem-solving skills Responding constructively and in a problem-solving manner to interpersonal obstacles Engaging in self-evaluation and reflection Conducting oneself with personal, moral, and ethical responsibility</p> <p><i>Relationship Management</i> Managing emotions in relationships, harmonizing diverse feelings and viewpoints Showing sensitivity to social-emotional cues Expressing emotions effectively Communicating clearly Engaging others in social situations Building relationships Working cooperatively Exercising assertiveness, leadership, and persuasion Managing conflict, negotiation, refusal Providing, seeking help</p>
---	---