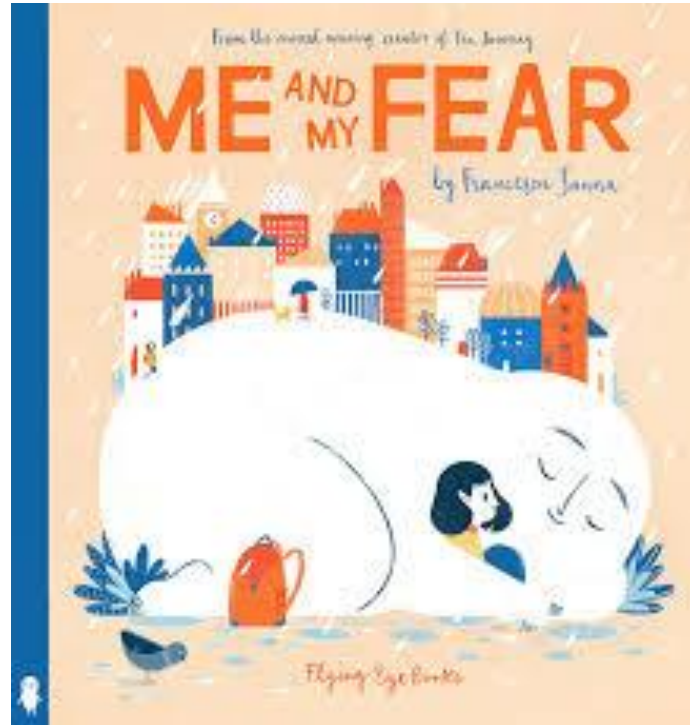


January 2020

SEL Book of the Month



SEL COMPETENCY AND THEME

Self-Management

These skills allow individuals to handle daily stresses and control their emotions under difficult situations.

Courage

We analyze the courage it takes to overcome adversity, take risks, and advocate for one's self.