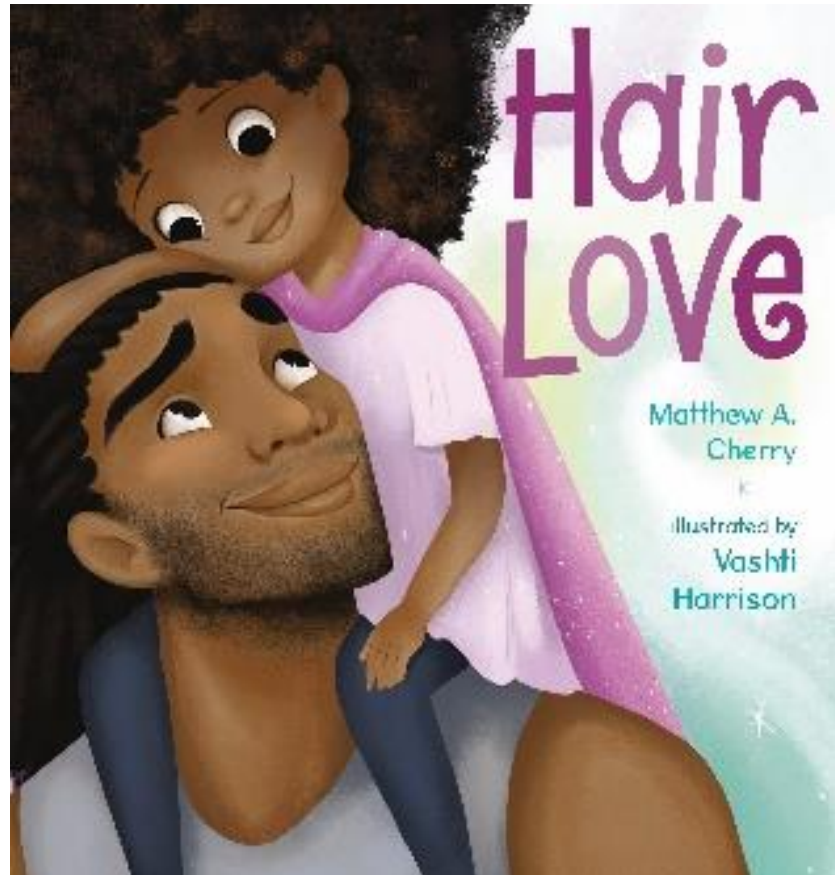




SEL Book of the Month



SEL THEME

Identity and Positive Self-Concept

We are aware of the importance of each unique identity and the strengths we all bring as individuals.

SEL COMPETENCY AND STANDARDS

Self-Awareness is the ability to recognize one's own feelings, interests, and strengths, in addition to maintaining an accurate level of self-efficacy. Students who are self-aware are capable of describing and understanding their own emotions. In addition, they are capable of recognizing their own strengths and weaknesses. Students' beliefs about their own strengths and weaknesses influence the academic choices they make, how long they will persist on tasks and whether or not they will ask for help on academic tasks.

1A. Understands and demonstrates an awareness of one's emotions, thoughts, and values.

1C. Exhibits knowledge of one's community, cultural consciousness, and personal/civic responsibility.