



SEL-Early High School

Vocabulary

Authenticity
 Ownership
 Respect
 Empathy
 Collaboration
 Consistency
 Self-awareness
 Self-management
 Social-awareness

Typical Skills

- Distinguish real feelings from how others expect them to feel
- Understand the effect of self-talk on emotions
- Consistently express empathy for others
- Demonstrate respect for individuals from different social and cultural groups
- Effectively collaborate with peers, adults, and others in the community to move group efforts forward
- Apply decision-making skills to establish and maintain responsible social and work relationships

Home Connections

- Eat dinner together regularly and use this time to cultivate honest conversations about emotions and relationships.
- Practice appropriate responses to managing stress
- Share the importance of owning your decisions and the beauty of being yourself.

Eyes Open

- Withdrawal or lack of interest in family and friends
- Changes in eating/sleeping patterns
- Lack of enthusiasm and motivation
- Sadness, irritability, anger, fatigue or lack of energy
- Unexplained aches and pains
- Comments or writings that suggest romanticizing death

Links & Resources

- [Parent Toolkit](http://www.parenttoolkit.com/) (http://www.parenttoolkit.com/)
- [CASEL: Tips for Parent](https://goo.gl/KKMCYk) (https://goo.gl/KKMCYk)
- [SEL: Strategies for Parents](https://www.edutopia.org/social-emotional-learning-parent-resources) (https://www.edutopia.org/social-emotional-learning-parent-resources)
- [7 Habits of Highly Effective Teens](https://goo.gl/xxYuPn) (https://goo.gl/xxYuPn)

Priority Standards

Apply strategies to overcome obstacles to goal achievement.

Demonstrate respect for individuals from different social and cultural groups.

Evaluate personal abilities to gather information, generate alternatives, and anticipate the consequences of decisions.



SEL-CELEBRATING STUDENTS IN 2013