



# SEL - Eighth Grade

## Typical Skills

- Analyze ways their behavior may affect the feelings of others
- Apply conflict resolution skills to de-escalate, defuse, and resolve conflicts
- Reflect on possible consequences, both positive and negative, before expressing an emotion
- Analyze how decision-making skills improve study habits and academic performance
- Demonstrate the ability to be true to personal values when choosing friends

## Home Connections

- Encourage your child to participate in school activities.
- Set clear expectations and stick to them.
- Talk through problems, logical consequences, and resolution with your child.
- Engage in regular conversations with your child about their emotions, being careful not to tell them how they feel

## Eyes Open

- Destructive behavior
- Withdrawal from family and friends
- Change in behavior
- Loss of interest in school
- 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)

## Vocabulary

influence  
 motivate  
 prevent  
 vulnerable  
 interpersonal  
 peer pressure  
 resist  
 metacognition  
 pressure  
 self-management

### Priority Benchmarks

Apply strategies that motivate successful performance.

Analyze why one did or did not achieve a goal.

Demonstrate cooperation and teamwork to promote group effectiveness.

Evaluate how the relationship among honesty, respect, fairness, and compassion enables one to take the needs of others into account when making decisions.

Evaluate and apply strategies for resisting pressures to engage in unsafe or unethical activities.



SEL-CEBRATING STUDENTS IN 2013