

# SEL - Late High School

#### Vocabulary 🖥

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

## Typical Skills

- Ensure emotions are in line with the truth of the situation.
- Show self-esteem based on accurate assessment of self.
- Incorporate personal management skills on a daily basis and demonstrate effective emotional management as a way of being.
- Empower, encourage, and affirm themselves and others through their interactions.
- Actively participate in a healthy support network of valued relationships.
- Analyze how present decision-making affects college and career choices.

#### Home Connections



- Authentically celebrate each other's uniqueness.
- Explore and embrace different perspectives and cultures.
- Invest together in the community.
- Partner to positively pursue post high-school plans.

### 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

Priority Standards

Implement a plan to build on a strength, meet a need, or address a challenge.

Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families.

Evaluate how responsible decision making affects interpersonal and group relationships.

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### Links & Resources &



- Parent Toolkit (http://www.parenttoolkit.com/)
- CASEL: Tips for Parent (https://goo.gl/KKMCYk)
- SEL: Strategies for Parents (https://www.edutopia.org/social-emotional-learning-par ent-resources)
- Parent-Family Engagement: High School (https://goo.gl/sVZwaZ)

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