

# Adult

## Self-awareness 1

### A Demonstrate an awareness of his/her emotions. 1A

- 1 Identifies, recognizes, and names complex emotions in the moment 1A.1
  - 2 Recognizes the relationship between thoughts, feelings, and reactions to people 1A.2
  - 3 Recognizes the big picture in a complex situation 1A.3
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### B Demonstrate an awareness of their personal qualities and interests. 1B

- 1 Appreciates the likes, dislikes and preferences of others 1B.1
  - 2 Demonstrates awareness of the relationship between personal qualities and interests and career and social success 1B.2
  - 3 Recognizes the impact of personal qualities and interests in decisions made 1B.3
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### C Demonstrate an awareness of their strengths and limitations. 1C

- 1 Is realistic about strengths and limitations 1C.1
  - 2 Distinguishes between strengths, limitations, and skills 1C.2
  - 3 Demonstrates confidence based on self-assessment of strengths 1C.3
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### D Demonstrate a sense of personal responsibility and advocacy. 1D

- 1 Describes knowledge and skills and how to use them as a responsible citizen to improve and advocate in the community 1D.1
  - 2 Analyzes the effect that taking responsibility or not taking responsibility can have on oneself and others 1D.2
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### E Identify external and community resources and supports. 1E

- 1 Identifies social support systems 1E.1
  - 2 Creates a network of support for life success 1E.2
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## Self-management 2

### A Understand and use strategies for managing their emotions and behaviors constructively. 2A

- 1 Evaluates the impact of techniques used to manage stress and emotions 2A.1
- 2 Evaluates the environment and determines appropriate ways to express one's emotions and thoughts 2A.2
- 3 Evaluates how expressing one's emotions might affect or influence others 2A.3

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**B Set, monitor, adapt, and evaluate their goals to achieve success in school and life.** 2B

- 1 Demonstrates an understanding that goal setting supports lifelong success 2B.1
  - 2 Sets, monitors, adapts, and evaluates goals to achieve success in life 2B.2
  - 3 Analyzes the effect personal tendencies have on goal achievement (e.g., integrity, prioritizing, managing time, adequate resources) 2B.3
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**Social Awareness** 3

**A Demonstrate awareness and consideration of other people’s emotions, perspectives, and social cues.** 3A

- 1 Considers the feelings of others 3A.1
  - 2 Is intuitive of other people’s needs 3A.2
  - 3 Is patient—even when one doesn’t feel like it 3A.3
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**B Exhibit civic responsibility in multiple settings.** 3B

- 1 Recognizes the role of the individual within the larger community 3B.1
  - 2 Participates in activities that show they are an agent for positive change within the community 3B.2
  - 3 Evaluates the impact of a school, home, or community initiative for change 3B.3
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**C Show an understanding and appreciation for individual worth and differences.** 3C

- 1 Identifies and addresses personal perceptions of others’ perspectives, customs, and traditions 3C.1
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**Relationship Skills** 4

**A Use positive communication and social skills to interact effectively with others.** 4A

- 1 Demonstrates strategies for collaborating with peers, adults, and others in the community to support and move group efforts forward 4A.1
- 2 Offers and accepts constructive criticism in order to help others and improve oneself 4A.2
- 3 Works to maintain an objective, nonjudgmental tone during disagreements 4A.3
- 4 Uses assertive communication to have needs met without negatively impacting others 4A.3.4

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**B Develop and maintain positive relationships.** 4B

- 1 Practices strategies for maintaining positive relationships such as: 4B.1
  - 1 pursuing shared interests and activities, 4B.1.1
  - 2 spending time together, 4B.1.2
  - 3 giving and receiving help, and 4B.1.3
  - 4 exhibiting forgiveness 4B.1.4
- 2 Actively participates in healthy support network of valued relationships 4B.2
- 3 Independently seeks out relationships that support goals and personal values. 4B.3

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**C Demonstrate an ability to prevent, manage, and/or resolve interpersonal conflicts in constructive ways.** 4C

- 1 Utilizes appropriate conflict resolution skills to prevent, prepare for, and manage conflict in community, college, and/or career settings 4C.1
- 2 Develops and utilizes mediation skills 4C.2

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**Responsible Decision-making** 5

**A Consider and use multiple factors in decision making, including ethical and safety factors, personal and community responsibilities, and short-term and long-term goals.** 5A

- 1 Reflects on lessons learned from experiences 5A.1
- 2 Evaluates how external influences (e.g., media, peers, social and cultural norms and expectations of authority) affect one's decision-making 5A.2

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**B Develop, implement, and model effective decision-making skills to deal responsibility with academic and social situations.** 5B

- 1 Applies decision-making skills to foster responsible social and work relations and make healthy life-long choices 5B.1
- 2 Understands how decisions can impact the future and have long-term effects 5B.2