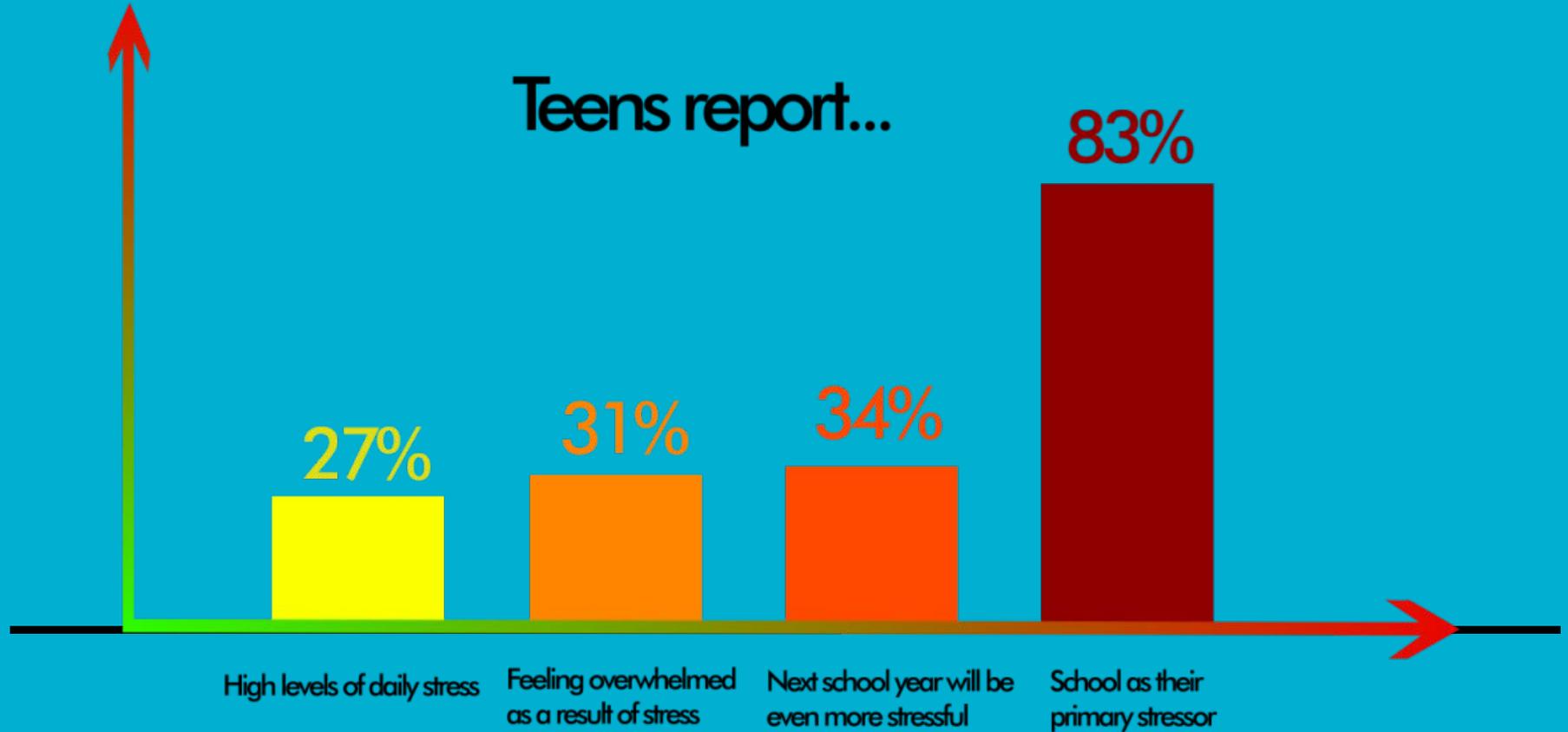


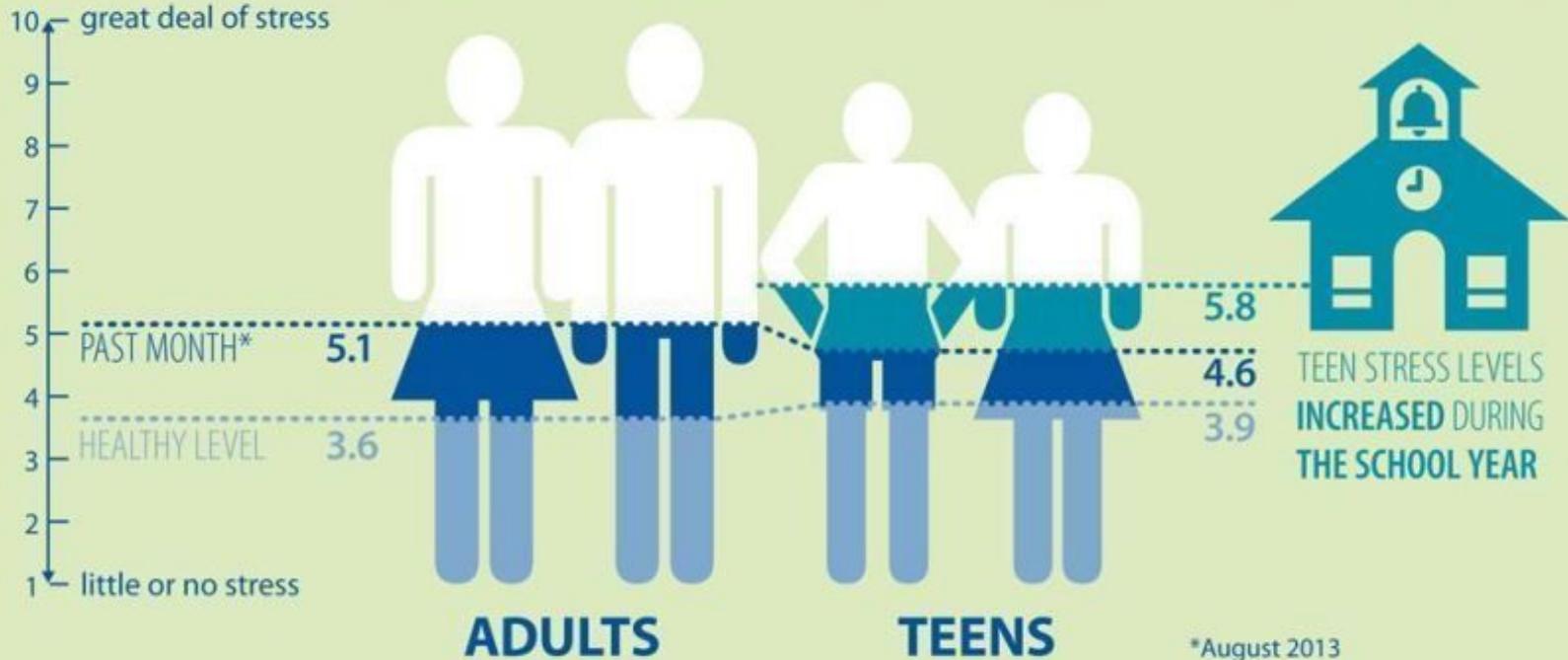
# **Bulkeley's Schoolwide SEL Framework**

**Brought to you by the School  
Counseling and Social Work Teams**

## Teens report...

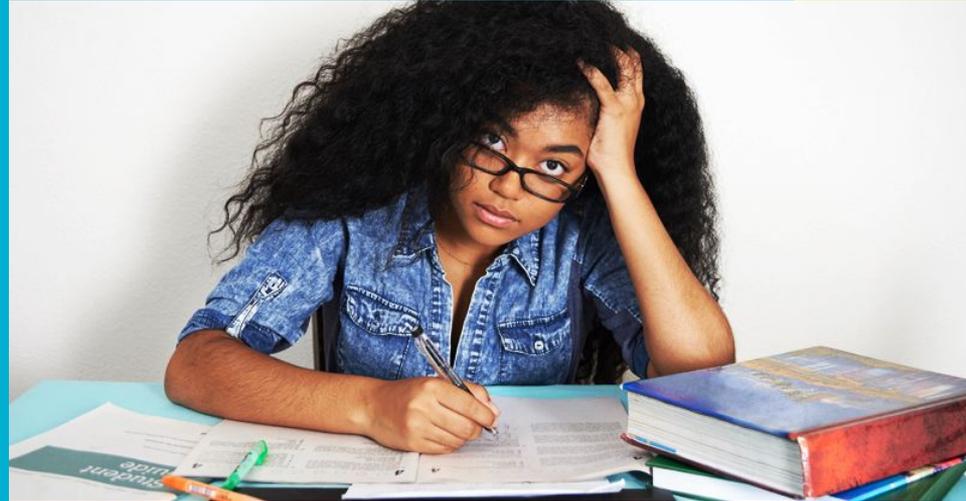


# TEENS REPORT STRESS SIMILAR TO ADULTS, EXCEEDING LEVELS SEEN AS HEALTHY



**According to a 2018 survey, many high school students don't believe their schools have done enough to help them deal with stress (51%), understand their emotions (49%), and solve disagreements (46%), and less than half of graduates surveyed feel prepared for life after high school.**

[Four Ways to Support Teens' Social-Emotional...  
\(berkeley.edu\)](#)





**SELF-AWARENESS:** The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.

This includes capacities to recognize one's strengths and limitations with a well grounded sense of confidence and purpose.

- Integrating personal and social identities
- Identifying personal, cultural, and linguistic assets
- Identifying one's emotions
- Demonstrating honesty and integrity
- Linking feelings, values, and thoughts
- Examining prejudices and biases
- Experiencing self-efficacy
- Having a growth mindset
- Developing interests and a sense of purpose

**SELF-MANAGEMENT:** The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

This includes the capacities to delay gratification, manage stress, and feel motivation & agency to accomplish personal/collective goals. Such as:

- Integrating personal and social identities
- Identifying personal, cultural, and linguistic assets
- Identifying one's emotions
- Demonstrating honesty and integrity
- Linking feelings, values, and thoughts
- Examining prejudices and biases
- Experiencing self-efficacy
- Having a growth mindset
- Developing interests and a sense of purpose

**RESPONSIBLE DECISION-MAKING:** The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.

This includes the capacities to consider ethical standards and safety concerns, and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being.

- Such as:
- Demonstrating curiosity and open-mindedness
  - Identifying solutions for personal and social problems
  - Learning to make a reasoned judgment after analyzing information, data, facts
  - Anticipating and evaluating the consequences of one's actions

**SOCIAL AWARENESS:** The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts.

This includes the capacities to feel compassion for others, understand broader historical and social norms for behavior in different settings, and recognize family, school, and community resources and supports.

Such as:

- Taking others' perspectives
- Recognizing strengths in others
- Demonstrating empathy and compassion
- Showing concern for the feelings of others
- Understanding and expressing gratitude
- Identifying diverse social norms, including unjust ones
- Recognizing situational demands and opportunities
- Understanding the influences of organizations/systems on behavior

**RELATIONSHIP SKILLS:** The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.

This includes the capacities to consider ethical standards and safety concerns, and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being.

◆ Demonstrating curiosity and open-mindedness ◆ Learning how to make a reasoned judgment after analyzing information, data, and facts ◆ Identifying solutions for personal and social problems ◆ Anticipating and evaluating the consequences of one's actions ◆ Recognizing how critical thinking skills are useful both inside and outside of school ◆ Reflecting on one's role to promote personal, family, and community well-being ◆ Evaluating personal, interpersonal, community, and institutional impacts

# **Focus Plan**

**January: Self-Awareness**

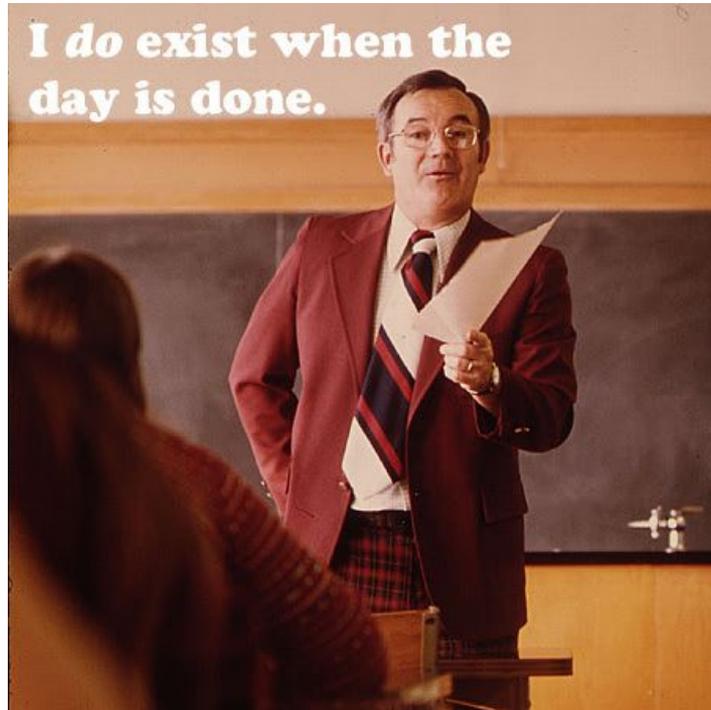
**February: Self-Management**

**March: Responsible Decision-Making**

**April: Social Awareness**

**May: Relationship Skills**

**Teachers are  
people too!**



FREE FOR YOU FROM YALE:  
MANAGING EMOTIONS IN TIMES OF  
UNCERTAINTY & STRESS  
(SELF-PACED 8 WEEK COURSE)