



Introduction Handout 2: SEL Competencies and Sub-Competencies

Directions:

New Jersey developed Social and Emotional Learning Competencies and Sub-Competencies. The goal of this activity is to develop a shared understanding amongst staff in your building or district about how the competencies and sub-competencies are connected. For this activity, read the descriptions of the sub-competencies in the table below and identify which competency (using the column on the right) incorporates the sub-competency. Once you complete this activity, you can check your answers with the [New Jersey Social and Emotional Learning Competencies and Sub-Competencies](#) overview document.



Self-
Awareness



Self-
Management



Social
Awareness



Responsible
Decision-Making



Relationship
Skills

SEL Competencies and Sub-Competencies

Sub-Competency	Competency
Recognize one's feelings and thoughts.	
Identify the consequences associated with one's actions in order to make constructive choices.	
Recognize the importance of self-confidence in handling daily tasks and challenges.	
Utilize positive communication and social skills to interact effectively with others.	
Develop, implement, and model effective problem-solving and critical thinking skills.	
Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals.	
Evaluate personal, ethical, safety, and civic impact of decisions.	
Recognize one's personal traits, strengths, and limitations.	
Demonstrate an awareness of the differences among individuals, groups, and other's cultural backgrounds.	
Understand and practice strategies for managing one's own emotions, thoughts, and behaviors.	
Identify who, when, where, or how to seek help for oneself or others when needed.	
Recognize and identify the thoughts, feelings, and perspectives of others.	

Sub-Competency	Competency
Establish and maintain healthy relationships.	
Recognize the skills needed to establish and achieve personal and educational goals.	
Demonstrate an understanding of the need for mutual respect when viewpoints differ.	
Demonstrate an awareness of the expectations for social interactions in a variety of settings.	
Identify ways to resist inappropriate social pressure.	
Recognize the impact of one's feelings and thoughts on one's own behavior.	
Demonstrate the ability to prevent and resolve interpersonal conflicts in constructive ways.	

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