

SEL

Executive Function

Mindfulness (The 8-Fold Path)

Self-Awareness

- Awareness of emotions, thoughts, health, other people, place & time
- Sense of personal value
- Sense of self-confidence (Courage)
- Accurate self-perception (Pride, Humility, Integrity)
- Intellect (strengths & weaknesses)
- Abilities (strengths & weaknesses)
- Self-efficacy
- Appreciation of wildlife and the environment

Self-Management

- Impulse control (Focus)
- Emotional Expression
- Assertiveness
- Independence
- Stress management
- Self-discipline / Accountability
- Self-motivation
- Creativity
- Goal setting
- Organizational skills

Social Awareness

- Perspective-taking
- Empathy and compassion
- Appreciating diversity
- Respect for others
- Local & Global citizenship

Relationship Skills

- Communication
- Social engagement
- Building relationships
- Empathy and compassion
- Working cooperatively
- Resolving conflicts
- Helping/Seeking help

Responsible Decision Making

- Problem identification
- Situation analysis / Reality testing
- Problem-solving (Critical thinking, Brainstorming)
- Evaluation
- Reflection
- Ethical responsibility

Self-Monitoring

Ability to have self-awareness of how one is doing at the moment to make adjustments of actions/behaviors to the current situation.

Impulse Control

Ability to think before speaking, resist temptation, think about choices and consequences of behaviors before acting.

Emotional Control

Ability to regulate emotions, choosing which emotions are appropriate in any given situation, maintaining emotions under pressure.

Flexible Thinking

Ability to think about different ways to solve problems, adjust to new situations, learn from mistakes, cope with routine changes, try new things, switch from one task to another, and learn new things.

Working Memory

Ability to follow instructions, pay attention, use relevant information while in the middle of an activity.

Planning and Prioritizing

Ability to plan daily tasks to meet short and long-term responsibilities.

Organization

Gather and keep track of information and belongings.

Task Initiation

Ability to motivate ones self to begin tasks by directing behaviors and actions.

Right Mindfulness

To be diligently aware with regard to (1) the activities of the body, (2) sensations or feelings, (3) the activities of the mind, and (4) ideas, thoughts, conceptions, and other people.

Right Thought

Selflessness and charitable thoughts. Thoughts of love and non-violence, which are extended to all beings.

Right Conduct

Behaving morally, honorably, and peacefully.

Right Understanding

Knowledge. An accumulated memory. Comprehension of a subject or idea.

Right Speech

Speak the truth, use words that are friendly, benevolent, meaningful, and useful. Speech should be at the right time and place. Refrain from (1) from telling lies, (2) from slander, (3) from harsh, rude, impolite, and abusive language, and (4) from gossip.

Right Livelihood

A vocation which is honorable, blameless, and innocent of harm to others.

Right Effort

Energetic will (1) to prevent negative and unwholesome states of mind from arising, (2) to produce good, and wholesome states of mind not yet arisen, and (3) to develop and bring to perfection the good and wholesome states of mind already present.

Right Concentration

Ability to stay focused on positive thoughts and refrain from negative thoughts.