<table>
<thead>
<tr>
<th>Competency</th>
<th>Skill</th>
<th>Target Behaviors</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Self-Awareness</strong></td>
<td>I know myself.</td>
<td>I am aware that my mindsets and emotions impact my capacity to learn and be skillful. I can accurately assess my feelings, behavior, interests, values, and strengths through my experiences. I know when I have done the right thing and when I make mistakes. I know when I bother others or upset them.</td>
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<tr>
<td></td>
<td>I am aware of skills, behaviors, and attitudes that help me.</td>
<td>I can name and describe the benefits of skills, behaviors, and mindsets that help me be a good student and a good person. I know what motivates me. I know when it is important to follow the rules, procedures, and norms of acceptable behavior.</td>
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<tr>
<td><strong>Self-Management</strong></td>
<td>I identify, express, and manage emotions.</td>
<td>I name and assess emotions accurately. I express emotions skillfully even when I feel angry, frustrated, or disrespected. I manage my emotions by using strategies to cool down and regain my balance.</td>
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<td></td>
<td>I exhibit self-regulation.</td>
<td>I sustain my focus and pay attention throughout an activity or task. I work silently without bothering others. I accept help, feedback, correction, or consequences with goodwill. I follow instructions, procedures, and rules.</td>
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<td></td>
<td>I demonstrate perseverance and resiliency.</td>
<td>I persist in my effort until I “get it” and finish the task. I pursue and sustain efforts to complete long-term tasks and achieve long-term goals related to my future. I can right myself and bounce back even when I experience temporary setbacks, failure, or adversity.</td>
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<tr>
<td><strong>Social Efficacy</strong></td>
<td>I communicate and problem-solve effectively.</td>
<td>I focus my attention on people who are speaking to me. I listen respectfully and paraphrase/summarize or question before speaking. I use school-appropriate language and project appropriate body language. I use problem-solving strategies to work things out. I resolve interpersonal conflicts constructively.</td>
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<td></td>
<td>I demonstrate empathy and respect.</td>
<td>I make an effort to understand the emotions, words, and actions of others. I respect the dignity of each person and their rights to be heard, to be valued, and to learn in a safe classroom. I accept other viewpoints respectfully and appreciate individual and group similarities and differences. I stand up for people whose rights, identity, or dignity have been violated. I interrupt or call attention to incidents of bullying, harassment, prejudice, or teasing.</td>
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| **Academic Efficacy** | I invest in quality work. | I attempt each part of the question, task, assignment, or test.  
I revise, edit/proof, and correct for quality and accuracy.  
I push myself to take academic risks.  
I complete assigned tasks regularly.  
I engage in critical, reflective, and creative thinking. |
| | I organize to learn and study. | I attend class every day and arrive to class on time.  
I organize myself and manage my materials.  
I prioritize and manage my time and tasks.  
I figure out the instructions before I begin a task.  
I use a range of study strategies to remember and apply key knowledge, skills, and understandings. |
| | I set goals and self-assess. | I make sure that I know the criteria for high-quality work.  
I set specific learning goals and identify and adjust action steps to improve my grade.  
I monitor my academic progress through written and oral self-reflection and conferencing.  
I can identify the evidence that shows my effort to meet my goal. |
| **Social Efficacy** | I foster healthy relationships. | I greet and talk to people in a friendly manner.  
I use words of common courtesy like please and thank you, excuse me, sorry about that.  
I am dependable and follow through on what I say I am going to do.  
I help and support others. |
| | I am assertive and I self-advocate. | I use neutral, non-aggressive language to express myself.  
I can verbalize and present my ideas, my values, and my needs to others.  
I take the initiative to seek help.  
I can navigate across different settings in order to present my best self to others. |
| | I cooperate and participate. | I work effectively with different students.  
I take on various roles and responsibilities to complete the learning task.  
I take turns, listen to and encourage others, and do my fair share. |
| | I demonstrate civic responsibility. | I volunteer to take on leadership roles or extended responsibilities in a group.  
I do positive things to make the class a good place to learn.  
I take responsibility for my words and actions and acknowledge the impact of my behavior on the community.  
I make responsible decisions. |