

Learning and Life Competencies for School, College, and Career Success

Competency	Skill	Target Behaviors
Self-Awareness	I know myself.	<p>I am aware that my mindsets and emotions impact my capacity to learn and be skillful.</p> <p>I can accurately assess my feelings, behavior, interests, values, and strengths through my experiences.</p> <p>I know when I have done the right thing and when I make mistakes.</p> <p>I know when I bother others or upset them.</p>
	I am aware of skills, behaviors, and attitudes that help me.	<p>I can name and describe the benefits of skills, behaviors, and mindsets that help me be a good student and a good person.</p> <p>I know what motivates me.</p> <p>I know when it is important to follow the rules, procedures, and norms of acceptable behavior.</p>
Self-Management	I identify, express, and manage emotions.	<p>I name and assess emotions accurately.</p> <p>I express emotions skillfully even when I feel angry, frustrated, or disrespected.</p> <p>I manage my emotions by using strategies to cool down and regain my balance.</p>
	I exhibit self-regulation.	<p>I sustain my focus and pay attention throughout an activity or task.</p> <p>I work silently without bothering others.</p> <p>I accept help, feedback, correction, or consequences with goodwill.</p> <p>I follow instructions, procedures, and rules.</p>
	I demonstrate perseverance and resiliency.	<p>I persist in my effort until I “get it” and finish the task.</p> <p>I pursue and sustain efforts to complete long-term tasks and achieve long-term goals related to my future.</p> <p>I can right myself and bounce back even when I experience temporary setbacks, failure, or adversity.</p>
Social Efficacy	I communicate and problem-solve effectively.	<p>I focus my attention on people who are speaking to me.</p> <p>I listen respectfully and paraphrase/summarize or question before speaking.</p> <p>I use school-appropriate language and project appropriate body language.</p> <p>I use problem-solving strategies to work things out.</p> <p>I resolve interpersonal conflicts constructively.</p>
	I demonstrate empathy and respect.	<p>I make an effort to understand the emotions, words, and actions of others.</p> <p>I respect the dignity of each person and their rights to be heard, to be valued, and to learn in a safe classroom.</p> <p>I accept other viewpoints respectfully and appreciate individual and group similarities and differences.</p> <p>I stand up for people whose rights, identity, or dignity have been violated.</p> <p>I interrupt or call attention to incidents of bullying, harassment, prejudice, or teasing.</p>

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Social Efficacy	I foster healthy relationships.	<p>I greet and talk to people in a friendly manner.</p> <p>I use words of common courtesy like please and thank you, excuse me, sorry about that.</p> <p>I am dependable and follow through on what I say I am going to do.</p> <p>I help and support others.</p>
	I am assertive and I self-advocate.	<p>I use neutral, non-aggressive language to express myself.</p> <p>I can verbalize and present my ideas, my values, and my needs to others.</p> <p>I take the initiative to seek help.</p> <p>I can navigate across different settings in order to present my best self to others.</p>
	I cooperate and participate.	<p>I work effectively with different students.</p> <p>I take on various roles and responsibilities to complete the learning task.</p> <p>I take turns, listen to and encourage others, and do my fair share.</p>
	I demonstrate civic responsibility.	<p>I volunteer to take on leadership roles or extended responsibilities in a group.</p> <p>I do positive things to make the class a good place to learn.</p> <p>I take responsibility for my words and actions and acknowledge the impact of my behavior on the community.</p> <p>I make responsible decisions.</p>
Academic Efficacy	I invest in quality work.	<p>I attempt each part of the question, task, assignment, or test.</p> <p>I revise, edit/proof, and correct for quality and accuracy.</p> <p>I push myself to take academic risks.</p> <p>I complete assigned tasks regularly.</p> <p>I engage in critical, reflective, and creative thinking.</p>
	I organize to learn and study.	<p>I attend class every day and arrive to class on time.</p> <p>I organize myself and manage my materials.</p> <p>I prioritize and manage my time and tasks.</p> <p>I figure out the instructions before I begin a task.</p> <p>I use a range of study strategies to remember and apply key knowledge, skills, and understandings.</p>
	I set goals and self-assess.	<p>I make sure that I know the criteria for high-quality work.</p> <p>I set specific learning goals and identify and adjust action steps to improve my grade.</p> <p>I monitor my academic progress through written and oral self-reflection and conferencing.</p> <p>I can identify the evidence that shows my effort to meet my goal.</p>