Social & Emotional Learning Competencies

- The ability to take the perspective of others from diverse cultures and understand social and ethical norms.
- The ability to regulate emotions, thoughts, and behaviors effectively in different situations.
- The belief that one’s abilities can grow with effort.
- The belief in one’s own ability to succeed in achieving an outcome or reaching a goal.
- The ability to take the perspective of others from diverse cultures and understand social and ethical norms.