

SOCIAL AND EMOTIONAL LEARNING (SEL) COMPETENCIES

PERSONAL FINANCIAL LITERACY

The ability to understand and use financial resources effectively to achieve one's financial goals. This includes understanding the importance of budgeting, saving, and investing, and being able to make informed decisions about financial products and services.

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SELF-MANAGEMENT

regulate one's emotions, thoughts, and behaviors in different situations and to achieve one's goals. This includes understanding one's strengths and weaknesses, setting goals, and developing strategies to overcome challenges.

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SOCIAL AWARENESS

The ability to understand the perspectives, feelings, and needs of others. This includes understanding social norms, recognizing the impact of one's actions on others, and being able to empathize with others.

RELATIONSHIP SKILLS

The ability to establish and maintain positive relationships. This includes understanding the importance of communication, conflict resolution, and social skills.

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RESPONSIBLE DECISION-MAKING

The ability to make choices that are consistent with one's values and goals. This includes understanding the importance of critical thinking, problem-solving, and taking responsibility for one's actions.

IDENTIFYING PROBLEMS

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