



### Light the Way (self-awareness)

The ability to accurately recognize one’s own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one’s strengths and limitations, with a well-grounded sense of confidence, optimism, and a “growth mindset”.

<p><b>Goal:</b> <i>Develop self-awareness skills to have knowledge of one’s emotions, to develop an accurate and positive self-concept, and to recognize individual strengths and external support systems.</i></p>	<p><b>Key Competencies:</b></p> <ul style="list-style-type: none"> <li>❖ Identifying emotions</li> <li>❖ Accurate self-perception</li> <li>❖ Recognizing strengths</li> <li>❖ Self-confidence</li> <li>❖ Self-efficacy</li> </ul>
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### Create Balance (self-management)

The ability to successfully regulate one’s emotions, thoughts, and behaviors in different situations - effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

<p><b>Goal:</b> <i>Develop and demonstrate self-management skills and resiliency to regulate emotions and to monitor and achieve behaviors related to school and life success.</i></p>	<p><b>Key Competencies:</b></p> <ul style="list-style-type: none"> <li>❖ Impulse control</li> <li>❖ Stress management</li> <li>❖ Self-discipline</li> <li>❖ Self-motivation</li> <li>❖ Goal setting</li> <li>❖ Organizational skills</li> </ul>
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## Leave a Legacy (responsible decision-making)

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

<i>Goal: Demonstrate decision making skills, problem solving skills, and responsible behaviors in school, personal and community contexts.</i>	<b>Key Competencies:</b> <ul style="list-style-type: none"><li>❖ Identifying problems</li><li>❖ Analyzing situations</li><li>❖ Solving problems</li><li>❖ Evaluating</li><li>❖ Reflecting</li><li>❖ Ethical responsibility</li></ul>
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## Be There When You're There (relationship skills)

The ability to establish and maintain healthy and rewarding relationships with diverse individual and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

<i>Goal: Demonstrate interpersonal (relationship) skills needed to establish and maintain positive relationships.</i>	<b>Key Competencies:</b> <ul style="list-style-type: none"><li>❖ Communication</li><li>❖ Social engagement</li><li>❖ Relationship building</li><li>❖ Teamwork</li></ul>
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## Strengthen Your Community (social-awareness)

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

<i>Goal: Develop social awareness skills needed to establish and maintain positive relationships.</i>	<b>Key Competencies:</b> <ul style="list-style-type: none"><li>❖ Perspective-taking</li><li>❖ Empathy</li><li>❖ Appreciating diversity</li><li>❖ Respect for others</li></ul>
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