

# 9th-10th

## EMOTIONAL DEVELOPMENT

### Understand and manage one's emotions

- 1 Self-Awareness: Learners will be able to recognize and label a variety of graded emotions in self and others as they occur and evolve over time. [9-10.1](#)
  - 2 Self-Management: Learners will be able to express their emotions in an appropriate and respectful manner in different environments, with different audiences, using a variety of modalities (e.g., verbal and nonverbal). [9-10.2](#)
  - 3 Self-Management: Learners will be able to consistently use appropriate calming and coping strategies when dealing with strong emotions. [9-10.3](#)
  - 4 Focus Attention: Learners will be able to independently use organizational skills and strategies to focus attention by working toward long-term personal and academic goals. [9-10.4](#)
  - 5 Social Awareness: Learners will be able to demonstrate empathy to others who have different views and beliefs. [9-10.5](#)
  - 6 Social Awareness: Learners will be able to evaluate verbal, physical, and environmental cues to predict and respond to the emotions of others. [9-10.6](#)
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## SELF-CONCEPT

### Develop positive self-identity and recognize self as a lifelong learner

- 7 Self-Awareness: Learners will be able to set priorities to build personal strengths, grow in their learning, recognize barriers, and employ solutions. [9-10.7](#)
  - 8 Self-Awareness: Learners will be able to use self-reflection to determine if their behavior is reflective of their personal values and modify behavior to match their beliefs. [9-10.8](#)
  - 9 Self-Awareness and Social-Awareness: Learners will be able to reflect on their own beliefs relative to different familial and societal norms. [9-10.9](#)
  - 10 Self-Management: Learners will be able to reflect on the progress of personal goals in order to adjust action steps and time frames as necessary. [9-10.10](#)
  - 11 Self-Awareness and Self-Management: Learners will be able to recognize barriers to succeeding and identify supports to help themselves. [9-10.11](#)
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## **SOCIAL COMPETENCE**

### **Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large**

- 12 Social Awareness: Learners will be able to identify positive ways to express understanding of differing perspectives. 9-10.12
- 13 Social Awareness: Learners will be able to support the rights of individuals to reflect their family, culture, and community within the school setting. 9-10.13
- 14 Social Awareness: Learners will be able to assess for personal bias and evaluate strategies to oppose stereotyping. 9-10.14
- 15 Relationship Skills: Learners will be able to independently seek and sustain positive, supportive relationships. 9-10.15
- 16 Relationship Skills: Learners will be able to use assertive communication, including refusals, to get their needs met without negatively impacting others. 9-10.16
- 17 Relationship Skills: Learners will be able to accept constructive feedback. 9-10.17
- 18 Relationship Skills: Learners will be able to formulate group goals and work through an agreed upon plan. 9-10.18
- 19 Relationship Skills: Learners will be able to self-reflect on their role in a conflict to inform their behavior in the future. 9-10.19
- 20 Decision Making: Learners will be able to apply steps of systemic decision making with consideration of well-being for oneself and others. 9-10.20
- 21 Social Awareness: Learners will be able to identify the purpose of social norms for behavior across situations and how these norms are influenced by public opinion. 9-10.21
- 22 Decision Making and Relationship Skills: Learners will be able to use negotiation and refusal skills to resist unwanted pressures and maintain personal health and safety. 9-10.22
- 23 Social Awareness and Relationship Skills: Learners will be able to advocate for their needs and the needs of others by utilizing educational and community support networks. 9-10.23
- 24 Decision Making, Social Awareness, and Relationship Skills 9-10.24