

Transformative SEL

Identity

A core part of **self-awareness**, which refers to how students (and adults) view themselves as individuals and as part of the world around them. Having a healthy sense of identity buffers against negative or traumatic experiences and contributes to positive academic, social, and emotional outcomes.

Agency

A part of **self-management**, or feeling empowered to make choices and take actions that produce a positive difference. Agency helps young people make choices about learning and career goals, overcome personal challenges, and shape the course of their lives.

Belonging

A part of **social awareness**, the experience of acceptance, respect, and inclusion within a group or community. Having a sense of belonging is critical to well-being, motivation, and achievement.

Collaborative Problem-Solving

Part of **relationship skills**, the ability to build shared understanding and work together to come to solutions by pooling knowledge, skills, and efforts.

Curiosity

Part of **responsible decision-making**, which leads to the pursuit of knowledge and different perspectives and contributes to attention, engagement, and learning.