

ADULT

SELF-AWARENESS

Learning Standards	Indicators
1A. I can show I understand my emotions.	<ul style="list-style-type: none">• I am aware of possible emotional responses I may have in new or familiar situations and topics of conversation.
1B. I can identify when help is needed and who can provide it.	<ul style="list-style-type: none">• I can create or activate a network of supports to address problems.• I can identify and access various resource to provide help and assistance with personal problems.• I can access resources and organizations to provide help with community issues that are important to me.
1C. I can show (demonstrate) that I am aware of my own personal rights and responsibilities.	<ul style="list-style-type: none">• I exercise the rights afforded to me as a citizen.• I take ownership of personal decisions and their related consequences or outcomes.
1D. I can demonstrate knowledge of my own personal strength, cultural and linguistic assets and aspirations.	<ul style="list-style-type: none">• I continue to explore and increase my knowledge and skills in my areas of interest.• I am comfortable in defining who I am- my culture, background, strengths, and assets.
1E. I try to understand and identify my own prejudices and biases.	<ul style="list-style-type: none">• I can identify my biases and try to reduce their influence on my choices.

ADULT

SELF-MANAGEMENT

Learning Standards	Indicators
2A. I have and use the skills I need to manage my emotions, thoughts, impulses and stress in constructive ways.	<ul style="list-style-type: none">• I consistently model effective control of my emotions, words and actions.
2B. I manage and use my materials, space, time and responsibilities effectively in the best way.	<ul style="list-style-type: none">• I can balance time and responsibilities among work, family, continuing education, and recreation.• I can prioritize my needs and wants in a fiscally and ethically responsible way.
2C. I have and use the skills needed to develop, evaluate, modify and achieve goals.	<ul style="list-style-type: none">• I can set, monitor, evaluate and adjust my short – and long-term goals for life success.
2D. I show a resilient attitude and growth mindset, even in the face of adversity and challenges when problems arise.	<ul style="list-style-type: none">• I can persevere in light of adversity and continue to achieve positive life outcomes and situations.• I can accept the challenges attached to achieving goals that are important to me.

ADULT

SOCIAL AWARENESS

Learning Standards	Indicators
3A. I can read social cues and respond appropriately.	<ul style="list-style-type: none">• I can differentiate between the factual and emotional content and meaning of what a person says.
3B. I try to understand and show respect for others, including those with diverse backgrounds, cultures, abilities, language, and identities.	<ul style="list-style-type: none">• I demonstrate genuine respect for diversity.• I view diversity as an asset.
3C. I show empathy for other people's emotions and perspectives.	<ul style="list-style-type: none">• I can demonstrate active listening with all members of the community and reflect back on what was said.
3D. I recognize and respect leadership capacity abilities in myself and others.	<ul style="list-style-type: none">• I support the leadership of others in actions and words.• I can organize and lead a group, recognizing the skills of all to complete a task or work toward a goal.
3E. I contribute productively to my school, family, workplace, and community.	<ul style="list-style-type: none">• I fulfill my civic and community responsibilities.• I demonstrate a good work ethic that contributes to the workplace culture and activities.

ADULT

RELATIONSHIP SKILLS

Learning Standards	Indicators
4A. I use communication and interpersonal skills to interact effectively with others, including those with diverse backgrounds, cultures, abilities, languages and identities.	<ul style="list-style-type: none">• I can maintain an objective, non-judgmental tone during disagreements.• I can evaluate my responses to conflict and create a plan for personal growth where needed.
4B. I use appropriate communication strategies and interpersonal skills to maintain relationships with others.	<ul style="list-style-type: none">• I actively participate in a healthy support network of friendship and social interests.• I can build and maintain relationships with people by showing empathy, interest, and respect.• I can manage my own discomfort in order to maintain difficult relationships.
4C. I can demonstrate the skills to respectfully engage in and resolve interpersonal conflicts in various contexts.	<ul style="list-style-type: none">• I can demonstrate an ability to co-exist in civility in the face of unresolved conflict.• I can use prevention, managements and resolution skills to resolve interpersonal conflicts constructively on a regular basis.• I can use appropriate communication strategies when others are upset.
4D. I can recognize when others need help and demonstrate the ability to provide or seek assistance.	<ul style="list-style-type: none">• I can organize people to support a cause in which I am interested.• I regularly use active listening and communication skills to identify when a person needs help, though it may not be explicitly stated.

ADULT

RESPONSIBLE DECISION MAKING

Learning Standards	Indicators
5A. I can apply problem-solving skills to engage responsibility in a variety of situations.	<ul style="list-style-type: none">• I can identify and ask systemic questions to analyze any problem.• I routinely generate multiple possible solutions to problems.• I consider other points of view in analyzing the appropriateness and possible unintended consequences of each solution.
5B. I can use and adapt appropriate tools and strategies to solve problems.	<ul style="list-style-type: none">• I use a range of appropriate tools, strategies and resources to solve various problems.• I reflect on lessons learned from past problems and adapt or change strategies to resolve problems in the future.
5C. I can evaluate the impact of decisions on myself, others and the given situation and adjust my behavior appropriately.	<ul style="list-style-type: none">• I can evaluate how decision-making impacts my future and affects interpersonal relationships.• I can consistently apply effective decision-making skills to make healthy life-long choices and to foster positive relationships.• I accept responsibility for my choices and incorporate lessons into future decisions.
5D. I consider ethical, safety, societal factors when making choices and decisions.	<ul style="list-style-type: none">• I consistently analyze ethical implications when making decisions.• I routinely make choices that promote a safe and healthy lifestyle.• I can demonstrate an intentional decision-making process that is respectful of social and cultural norms.
5E. I can consider and respond appropriately to external influences (e.g. media, peers, authority figures) on decision-making.	<ul style="list-style-type: none">• I consistently evaluate how the messages, attitudes, and behaviors from external sources (e.g. media including social media, peers, family, community, professional experts) influence personal opinions, decisions and behaviors.• I consciously consider and analyze external influences when making informed decisions that positively affect myself and others.