

Social Emotional Competencies: Intermediate Gr. 6-8

SELF-AWARENESS: PERSONAL QUALITIES AND/OR TRAITS SEM0.1

- 1 Can explain own hearing loss, i.e. type, loss, etiology (See Audiology rubric) SEM0.1.INT1
- 2 Recognizes that emotions can be changed SEM0.1.INT2
- 3 Analyzes emotional reactions that contribute to or detract from personal problem solving/decision making SEM0.1.INT3
- 4 Explains possible outcomes/results associated with expressing personal emotions SEM0.1.INT4
- 5 Evaluates how expressing one's emotions affects others SEM0.1.INT5
- 6 Evaluates how expressing more positive attitudes influences others and may facilitate desired outcomes SEM0.1.INT6
- 7 Analyzes and describes how personal qualities and temperaments influence choices and success SEM0.1.INT7
- 8 Applies self-reflection techniques to recognize strengths, weaknesses, and potential areas of growth SEM0.1.INT8
- 9 Discusses unique aspects of growing up as a teen who is deaf or hard of hearing (in a deaf, hard of hearing, or hearing family/peer group) SEM0.1.INT9
- 10 Describes personal qualities/skills possessed and interests one wants to develop SEM0.1.INT10
- 11 Identifies things about self that can/cannot be changed SEM0.1.INT11

SELF-MANAGEMENT SEM0.2

- 1 Applies strategies for managing stress and for motivating successful performance SEM0.2.INT1
- 2 Practices positivity SEM0.2.INT2
- 3 Generates ways to develop positive attitudes SEM0.2.INT3

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- 4 Reflects on possible consequences, both positive and negative, before expressing emotions** SEMO.2.INT4

 - 5 Demonstrates emotional intelligence by choosing a mood that best suits a specific situation** SEMO.2.INT5

 - 6 Practices strategies to reduce conflict** SEMO.2.INT6

 - 7 Recognizes the emotional and physical effects of substance abuse (alcohol, tobacco, and/or other drugs)** SEMO.2.INT7

 - 8 Recognizes mental health issues affecting teenagers with and without limited hearing, including depression and suicide** SEMO.2.INT8

 - 9 Demonstrates techniques for handling overt and subtle bullying** SEMO.2.INT9

 - 10 Applies locus of control concept to managing problems** SEMO.2.INT10
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**SOCIAL
AWARENESS** SEMO.3

- 1 Predicts others' feelings and perspectives in a variety of situations** SEMO.3.INT1

 - 2 Demonstrates appropriate social responses based on the specifics of a situation** SEMO.3.INT2

 - 3 Analyzes how one's behavior may affect others** SEMO.3.INT3

 - 4 Develops an appreciation of the diversity of the Deaf Community** SEMO.3.INT4

 - 5 Understands roles and responsibilities within the student's own communities, e.g. class, school, home, and social groups, neighborhoods** SEMO.3.INT5

 - 6 Uses clear "NO" statements to avoid situations in which one might be pressured** SEMO.3.INT6
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**RELATIONSHIP
SKILLS** SEMO.4

- 1 Demonstrates age-appropriate interpersonal skills** SEMO.4.INT1

- 2 Describes when a communication breakdown occurs** SEMO.4.INT2

- 3 Identifies specific communication repair strategies to improve interactions, i.e. repetition, revision, addition, and/or nonverbal** SEMO.4.INT3

- 4 Analyzes a variety of social situations and appropriate responses to them (e.g. school dance, peer pressure, cliques, public speaking, clowning around, joking, somber events, sarcasm)** SEMO.4.INT4

- 5 Describes impact of body language and facial expressions in communication** SEMO.4.INT5

- 6 Knows appropriate topics for conversation dependent upon communication partner** SEMO.4.INT6

7 Recognizes the personal boundaries of self and others SEMO.4.INT7

8 Demonstrates ability to articulate concerns positively SEMO.4.INT8

9 Demonstrates cooperative behaviors in a group (e.g. listen, encourage, acknowledge opinions, compromise, reach consensus) SEMO.4.INT9

10 Assumes either a leadership or a team player role based on group/activity SEMO.4.INT10

11 Demonstrates differences between passive, assertive, and aggressive responses SEMO.4.INT11

12 Disagrees respectfully SEMO.4.INT12

13 Understands unique cultural aspects of individuals who are deaf or hard of hearing as opposed to individuals who are hearing SEMO.4.INT13

**DECISION
MAKING** SEMO.5

1 Identifies and applies the steps of systematic decision making SEMO.5.INT1

2 Evaluates strategies for avoiding risky behavior SEMO.5.INT2

3 Applies decision making skills to academic and social situations SEMO.5.INT3
