

WHAT IS SEL?

Social and emotional learning (SEL) is the process of understanding and managing emotions, goals, empathy, relationships, and decisions.

Find Solutions to Problems

It's great to ask for help and go to the right people when you need it, but it's also important to discover your own ways to solve problems. Relying on yourself is critical to being independent.

Being Flexible

Things may not turn out as you hope but being able to be okay with a new path will help you be more resilient.

Admit When You've Made a Mistake

The character of a person shows in the way they behave. Learn to be confident about your abilities, so you develop healthy behaviors, like apologizing when you're wrong and choosing not to smoke because it's unhealthy.

Make an Appointment

Learning skills that require phone calls and asking for detailed information builds communication skills.

Coping With Emotions

It's not okay to cry over everything or throw a tantrum, anymore. Those days are over. Instead, find positive ways (like running or cooking) to calm yourself down and deal.

Take Responsibility for Completing Work

If you only do things when people ask you to—this includes dishes and filling the car with gas—you aren't independent yet.

Keep a Planner and Use It

Developing organizational skills gives you self-awareness about how you need to structure your life's tasks.

LIFE SKILLS

EVERY TEEN SHOULD KNOW
They also build social-emotional skills.

How to Cook

Taking care of yourself requires skills like finding recipes, making food lists, and pulling it all together as a meal.

Update Your Devices

Just because your devices are working properly doesn't mean an update isn't necessary. This will help you solve unexpected problems instead of preventable ones.

How to Find a Job

From interview skills to writing a resume, learning to work for your money is great for self-esteem and feeling ready for the world.

How to Stand Up for Yourself

Learn to ask for what you need and say no to things you don't want. These skills will help you in almost every situation.

Know the Value of Money

The best way to learn about money is to earn it, save it, and make a budget to help you spend it.

Understand Navigation in the World

Learning to use a map, GPS, and a bus schedule promotes self-awareness and social-awareness. There's a world of rules about how to get yourself around with or without your own transportation.

Turn Your Phone Off When You Need to Focus

Don't rely on your ability to resist your phone's notifications. People have spent millions to develop apps that get you to pay attention to your phone. Instead, turn it off when you need to drive, walk someplace, or do your homework.

Filling the Car With Gas

Just because you've been to a gas station doesn't mean you know how to recognize your tank is low, remove the gas cap, and fill it properly. Maintenance pays off when you have a car that works every time you need it.

Bounce Back When a Relationship Goes Sour

If you think things will always go well for you, think again. But that's okay, it's how you recover from tough times that shows how resilient you are.



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