

Imagine Purpose

WA Social Emotional Learning Standards and Benchmarks Alignment

CHARACTER & LEADERSHIP

		Imagine Purpose 6-12 Course: CHARACTER & LEADERSHIP															
		Unit 1: MISSION, VISION, PURPOSE				Unit 2: PERSONAL EXPERIENCE				Unit 3: IDENTITY				Unit 4: TRANSFORMATION			
		VISION: DRAFT A VISION FOR YOUR FUTURE	MISSION: DEFINE YOUR VALUES & PRINCIPLES	PURPOSE: UNDERSTAND HOW PURPOSE DRIVES YOUR LIFE	IMPACT YOUR COMMUNITY: BUILD & LEAD WITH STRENGTH	ADVENTURE: CHALLENGE YOURSELF TO LIVE EXTRA-ORDINARY	MEMORIES: CREATE MEANING IN EACH MOMENT	YOUR STORY: USE YOUR STORY TO RELATE TO OTHERS	HAVE A LITTLE FUN: HAVE FUN IN EACH STAGE OF LIFE	DISCOVER YOUR IDENTITY: LEARN HOW TO FIND YOURSELF	EMOTIONAL AUDIT: REPROGRAM HOW YOU THINK & FEEL	INNER ENGINEER - PART 1 CHANGE THE BELIEF SYSTEMS THAT HOLD YOU BACK	OVERCOME IDENTITY ISSUES: OVERCOME LIMITS & SETBACKS	MYSTERY: EMBRACE LIFE AS A MYSTERY	COMPASSION & STILLNESS: DON'T BE AFRAID TO LET YOUR HEART WIN	A REINVENTED LEADER: WHAT IS TRUE LEADERSHIP?	START AGAIN: HOW TO END STRONG & START AGAIN
WA SEL Standards and Benchmarks ¹	SELF-AWARENESS ²	Demonstrates awareness and understanding of one's own emotions and emotions' influence on behavior.	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
		Demonstrates awareness of personal and collective identity encompassing strengths, areas for growth, aspirations, and cultural and linguistic assets.	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓
		Demonstrates self-awareness and understanding of external influences, e.g., culture, family, school, and community resources and supports.	✓	✓	✓							✓	✓	✓	✓	✓	✓
	SELF-MANAGEMENT ³	Demonstrates the skills to manage one's emotions, thoughts, impulses, and stress in constructive ways.	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓
		Demonstrates responsible decision-making and problem-solving skills.				✓			✓		✓	✓	✓	✓	✓	✓	✓
	SELF-EFFICACY ⁴	Demonstrates the skills to set, monitor, adapt, persevere, achieve, and evaluate goals.	✓	✓	✓	✓				✓	✓	✓	✓	✓	✓	✓	✓
		Demonstrates problem-solving skills to engage responsibly in a variety of situations.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
		Demonstrate awareness and ability to speak on behalf of personal rights and advocacy.				✓			✓					✓	✓	✓	✓
	SOCIAL AWARENESS ⁵	Demonstrates awareness of other people's emotions, perspectives, cultures, languages, histories, identities, and abilities.				✓			✓		✓	✓			✓	✓	
Demonstrates an awareness and respect for similarities and differences among community, cultural and social groups.																	
Demonstrates an understanding of the variation within and across cultures.					✓												
SOCIAL MANAGEMENT ⁶	Demonstrates a range of communication and social skills to interact effectively with others.								✓								
	Demonstrates the ability to identify and take steps to resolve interpersonal conflicts in constructive ways.				✓				✓						✓		
	Demonstrates the ability to engage in respectful and healthy relationships with individuals of diverse perspectives, cultures, language, history, identity, and ability.				✓			✓						✓			
SOCIAL ENGAGEMENT ⁷	Demonstrates a sense of school and community responsibility.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	Demonstrates the ability to work with others to set, monitor, adapt, achieve, and evaluate goals.	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	Contributes productively to one's school, workplace, and community.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	

- <https://ospi.k12.wa.us/sites/default/files/2023-08/selstandardsandbenchmarksonepager.pdf>
- "Individual can identify their emotions, personal assets, areas for growth, and potential external resources and supports."
- "Individual can regulate emotions, thoughts, and behaviors."
- "Individual can motivate themselves, persevere, and see themselves as capable."
- "Individual can take the perspective of and empathize with others from diverse backgrounds and cultures."
- "Individual can make safe and constructive choices about personal behavior and social interactions."
- "Individual can consider others and show a desire to contribute to the well-being of school and community."