

# Imagine Purpose

## WA Social Emotional Learning Standards and Benchmarks Alignment

### COLLEGE & CAREER

		Imagine Purpose 6-12 Course: COLLEGE & CAREER																
		Unit 1: LIFE AFTER HIGH SCHOOL				Unit 2: COLLEGE & CAREER PREPARATION				Unit 3: STARTING SCHOOL & GETTING THE JOB				Unit 4: TOOLS FOR SUCCESS				
		JOIN THE WORKFORCE	WHICH SCHOOL IS RIGHT FOR YOU?	ENTREPRENEURSHIP	EXPLORE OTHER OPPORTUNITIES	FINDING SUCCESS AT WORK	FINANCIAL AID	JOB PREPARATION	PREPARE FOR COLLEGE & CAREER	TRAITS OF A SUCCESSFUL STUDENT & EMPLOYEE	LIFE SKILLS	MAKE YOURSELF MARKETABLE NOW	RESOURCES	PERSONAL FINANCE	SKILLS YOU NEED	BEHAVIORS & TRAITS THAT LEAD TO SUCCESS	DISCIPLINES THAT LEAD TO SUCCESS	
WA SEL Standards and Benchmarks <sup>1</sup>	SELF-AWARENESS <sup>2</sup>	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 <sup>3</sup>	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 <sup>4</sup>	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 <sup>5</sup>	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 <sup>6</sup>	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 <sup>7</sup>	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."