

# Imagine Purpose

## WA Social Emotional Learning Standards and Benchmarks Alignment

### UNLOCK YOUR PURPOSE

		Imagine Purpose 6-12 Course: UNLOCK YOUR PURPOSE															
		Unit 1: HAPPINESS vs. SUCCESS			Unit 2: MAKING A DIFFERENCE			Unit 3: THOUGHTS, WORDS, & SILENCE			Unit 4: RELATIONSHIPS						
		MAP YOUR FUTURE: HEALTHY SUCCESS & A FULFILLING CAREER	PEOPLE & PROBLEMS: LEARNING ABOUT THE TYPES OF PEOPLE & PROBLEMS	FOCUS & SUCCESS: THE FOUR PILLARS OF FOCUS & SUCCESS	FROM LEARNING TO EARNING: HOW LEARNING AFFECTS OUR EARNING	GIVING IS GETTING: UNLOCK THE POWER OF GIVING	REASONABLE RESPONSE: HOW A WEALTH MINDSET WORKS	MAKE A DIFFERENCE: HOW TO MAKE A DIFFERENCE WHERE YOU ARE	BE THE CHANGE: CREATE A LEGACY	FRAME YOUR WORLD: LEARN THE POWER OF WORDS	POSITIVE & NEGATIVE: THE EFFECTS OF POSITIVITY & NEGATIVITY	SILENCE & QUESTIONS: THE IMPORTANCE OF SILENCE & ASKING QUESTIONS	WARPING REALITY: UNLOCK YOUR POTENTIAL	RELATIONSHIPS: CAPITALIZE ON YOUR RELATIONSHIPS	BELONGING: HOW DO YOUR SOCIAL GROUPS AFFECT YOU?	VULNERABILITY: SHOULD VULNERABILITY BE SCARY?	SAFETY: FIND & CREATE SAFETY IN YOUR RELATIONSHIPS
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."