

Navigating Middle School Years

ISBE Social Emotional Learning Standards

Goal 1: Develop self-awareness and self-management skills to achieve school and life success

Standard 1A: Identify and manage one’s emotions and behavior

Standard	Description	Example
Standard 1A.2a	Describe a range of emotions and the situations that cause them.	Through scenarios, students will explore the emotional consequences of decisions made.
Standard 1A.3a	Analyze factors that create stress or motivate successful performance.	Students will recognize that stress is a part of life. They will identify examples of positive and negative stress.
Standard 1A.3b	Apply strategies to manage stress and motivate successful performance.	Students will learn strategies for managing peer pressure situations.

Standard 1B: Recognize personal qualities and external supports

Standard	Description	Example
Standard 1B.2a	Describe personal skills and interests that one wants to develop.	Students will identify areas of strength and challenge. Students will discuss additional clubs, sports, etc. that are available to them in middle school.
Standard 1B.2b	Explain how family members, peers, school personnel, and community members can support school success and responsible behavior.	Students will identify key trusted adults in their lives and explore when they may need to go to them for support and advice.

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

Standard 2A: Recognize the feelings and perspectives of others

Standard	Definition	Example
Standard 2A.3a	Predict others’ feelings and perspectives in a variety of situations	Students will identify and predict the potential feelings and perspectives of others by exploring realistic scenarios.
Standard 2A.3b	Analyze how one’s behaviors may affect others	Students will explore scenarios and analyze how the characters’ behavior impacted others.

Standard 2C: Use communication and social skills to interact effectively with others

Standard	Description	Example
Standard 2C.2b	Analyze ways to work effectively in groups.	Through a scenario, students explore the challenges of working in a group and strategies for effective group work.

Standard 2D: Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.

Standard	Description	Example
Standard 2D.2b	Apply constructive approaches in resolving conflicts.	Through a scenario, students will learn strategies for positively resolving conflicts with teachers and peers.
Standard 2D.3b	Define unhealthy peer pressure and evaluate strategies for resisting it.	Students will define peer pressure, explore how it can be healthy or unhealthy and identify refusal skills and strategies to exit the situation.

Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school and community contexts.

Standard 3B: Apply decision-making skills to deal responsibly with daily academic and social situations.

Standard	Description	Example
Standard 3B.2b	Generate alternative solutions and evaluate their consequences for a range of academic and social situations.	Students will explore several scenarios in which they will follow the characters' internal dialogue and decision-making processes.
Standard 3B.3b	Evaluate strategies for resisting pressures to engage in unsafe or unethical activities.	Students will explore strategies for staying safer on-line. Students will also identify refusal skills and ways to leave unsafe situations.

