

# SOCIAL EMOTIONAL LEARNING IN SFUSD



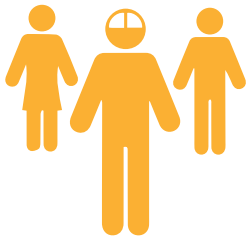
**GROWTH MINDSET (GM)** is the belief that one's abilities can grow with effort. Students with a growth mindset believe that their abilities, intelligence, and talents can be developed through effort. Students with a growth mindset see effort as necessary for success, embrace challenges, learn from criticism, and persist in the face of setbacks.



Students with strong **SELF-EFFICACY (SE)** have confidence in their ability to succeed and to exert control over their own motivation, behavior, and environment. Self-efficacy is the belief in one's own ability to succeed in achieving an outcome or reaching a goal, and reflects confidence in the ability to exert control over one's own motivation, behavior, and environment.



**SELF-MANAGEMENT (SM)** refers to a student's ability to regulate emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, delaying gratification, motivating oneself, and setting and working towards personal and academic goals. Students with strong self-management skills are attentive and can work independently with focus.



**SOCIAL AWARENESS (SA)** is the ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behavior, and to recognize family, school, and community resources and supports.

*"Expanding the Definition of Student Success: A Case Study of the CORE Districts"*  
(Krachman, Arnold, and LaRocca, 2016)