



Villanova's SEL Framework

Self Awareness	1.1	Recognise and label own emotions
	1.2	Identify what triggers own emotions and feelings
	1.3	Understand how emotions can affect self and others
	1.4	Accurately recognise own strengths and limitations
	1.5	Develop self-efficacy and self-esteem
	1.6	Understand own values and how they are formed
	1.7	Develop spiritual awareness and connection
Self Management	2.1	Goal setting skills; short, medium and long
	2.2	Resilience; overcoming adversity and managing stress and anxiety
	2.3	Emotional regulation and impulse control
	2.4	Attention control and listening skills
	2.5	Ability to seek help when required and use feedback constructively
	2.6	Exhibit positive motivation, hope and optimism
	2.7	Identifying and integrating our faith in working and social relationships.
Social Awareness	3.1	Identify social cues, both verbal and physical
	3.2	Predicting and considering others feelings and reactions
	3.3	Show respect and empathy for others
	3.4	Understand other points of view and perspectives
	3.5	Develop an awareness of how an online presence can be a positive influence within a community & globally
	3.6	Appreciate diversity (including gender, ethnicity, religious beliefs)
	3.7	Development of social justice
Relationship Management	4.1	Use skills to establish & maintain appropriate social relationships (with immediate family members & adults outside of the family)
	4.2	Establish & maintain friendships with peers
	4.3	Participate appropriately socially in group situations
	4.4	Intimacy skills (becoming emotionally close to another individual)
	4.5	Practice tolerance & acceptance of individual differences
	4.6	Use conflict resolutions skills & strategies (including negotiation, compromising, deescalating skills)
	4.7	Develop & use appropriate communication skills (including awareness of self and others' verbal & non-verbal communication, active listening, assertion)
	4.8	Resist inappropriate social pressures
	4.9	Understand and exhibit leadership qualities and skills
Responsible Decision Making	5.1	Develop processes and strategies for making decisions
	5.2	Implement problem solving skills when making decisions
	5.3	Make decisions based on moral, personal and ethical values
	5.4	Negotiation skills
	5.5	Reflect on how current choices can affect future
	5.6	Become self-reflective and self-evaluative
	5.7	Interactions and decisions made online have implications and consequences (positive & negative)