

The infographic features a central tree with a brown trunk and green leaves. Seven colored boxes are arranged around the tree, each containing a competency name and its definition. The boxes are: Mindset (dark green), Collaboration (orange), Critical-Thinking (purple), Connection (blue), Insight (light green), Regulation (red), and Sensory-Motor Integration (yellow-green). The background is white with a faint circular pattern.

Mindset
Mindset is the ability to demonstrate cognitive flexibility and a willingness to learn. Developing mindset is a critical learning skill for building perseverance, adaptability, self-discovery, resilience, and the ability to give and receive constructive feedback.

Collaboration
Collaboration is the ability to work well with others, including in a group and teamwork environment. Collaboration works to build positive communication and conflict management skills.

Critical-Thinking
Critical-thinking is the ability to make constructive choices and understand metacognitive strategies to enhance learning. Critical-thinking skills build responsible decision-making, analytical, and critical inquiry skills which are necessary to approach learning from an innovative, creative, multicultural, and ethical lens.

Connection
Connection is the ability to understand and respond to the needs of others. Gaining connections skills leads to effective communication, perspective-taking, and helps develop cultural sensitivity.

Insight
Insight is the ability to know your emotions and how they affect your thoughts and actions. Gaining insight is an important skill for building self-confidence, self-esteem, and empathy for others. Insight helps students recognize their strengths and areas of growth.

Regulation
Regulation is the ability to recognize and manage one's emotions. Regulation skills build positive self-control, self-discipline, and impulse control.

Sensory-Motor Integration
Sensory-Motor Integration is the ability to have body awareness and recognize sensations in the body. It is an important skill for managing transitions, changing routines, increasing alertness for learning, and improving regulation.

Infographic created by Dr. Brandie Oliver, 2018

INDIANA SOCIAL-EMOTIONAL LEARNING COMPETENCIES
Built Upon A Neurodevelopmental Culturally Responsive Framework

