



## Communication Skills

- ❖ Massachusetts DESE Behavioral Health Framework
- ❖ Massachusetts DESE Social-Emotional-Learning Curriculum Standards

Students will be provided contextual opportunities to:

- *recognize and manage their emotions with increased self awareness*
- *demonstrate social awareness; caring and concern for others*
- *establish and build positive and healthy relationships*
- *make responsible and thoughtful decisions*
- *constructively handle challenging social situations*
- *use solution-focused problem-solving*

**Self-Awareness:** identifying and recognizing emotions; accurate self-perception; strengths, needs, and values; and self-efficacy.

**Self-Management:** impulse control and stress management; self-motivation and discipline; goal setting; and organizational skills.

**Social Awareness:** perspective taking; empathy; difference recognition; and respect for others.

**Relationship Skills:** communication; social engagement; relationship building; working cooperatively; negotiation; refusal; conflict management; help seeking.

**Responsible Decision Making:** problem identification and situation analysis; problem solving; evaluation/reflection; personal, social, ethical responsibility.

## 21<sup>st</sup> Century Skills – Communication/Relationships/Networking

- *Creativity and Innovation*
- *Critical Thinking, Conflict Resolution, Problem Solving*
- *Communication and Collaboration*
- *Information Literacy, Media Literacy, ICT Literacy*
- *Flexibility and Adaptability*
- *Initiative and Self-Direction*
- *Social and Cross-Cultural Skills*
- *Productivity and Accountability*
- *Leadership and Responsibility*

## College and Career Readiness: Communication and Thinking Skills

\*academics in context (ie: reading/analyzing/sending informational memos, email/complex technical/research reports), critical thinking, adaptability, problem solving, oral/written communications, collaboration/teamwork, creativity, responsibility, professionalism, ethics, technology, courtesy, social interactions/nuances, and diversity.