

Competency	Characteristics of Competency
Self-awareness	Tunes in to feelings of self and others, responds appropriately to different situations
Self-management	Pays attention to own behavior, completes tasks, engages in interactions with appropriate behavior
Social awareness	Possesses awareness of individual differences and similarities, includes others, encourages problem-solving
Relationship skills	Uses appropriate greetings, initiates activities with peers, demonstrates willingness to join activities with peers, uses appropriate assertiveness, demonstrates ability to begin and end a conversation, able to resolve conflict and accept conflict resolution, uses negotiation and compromise, understands body language, demonstrates awareness of personal space, participates in group situations appropriately
Goal-oriented behavior	Focuses on learning and mastering new tasks
Personal responsibility	Focuses on what one can control directly, including one's own thoughts, words, and actions, and controlling one's responses in the face of factors outside one's own control
Decision-making	Identifies when a decision needs to be made, thinks of possible options, evaluates the options, and chooses strategies for making the decision and reviewing how it works
Optimistic thinking	Uses positive self-talk, thinks through options, looks for the lesson, sets realistic goals, and reframes situations in a positive manner