

3 Domains of SEL



Cognitive Skills

Includes such executive functions as working memory, attention control and flexibility, inhibition and planning as well as beliefs and attitudes that guide one's sense of self and approaches to learning and growth



Emotional Competencies

Enables one to cope with frustration, recognize and manage emotions and understand others' emotions and perspectives.



Social and Interpersonal Skills

Enables one to read social cues, navigate social situations, resolve interpersonal conflicts, cooperate with others and work effectively in a team, and demonstrate compassion and empathy toward others.