



# Impacts on Social-Emotional Learning

Mikva Challenge programs develop young people to be informed, empowered and active citizens and community leaders – but by engaging in Mikva programs, youth also develop valuable intrapersonal and interpersonal skills to succeed in all aspects of life.

Leading researchers in effective social-emotional learning (SEL) have established **five key SEL competency areas**. Mikva alumni demonstrate growth in each of these areas.

## 1. Self-Awareness | knowing your strengths and limitations

When approaching a problem think about how the knowledge and skills they already have can help them solve it.



Are confident in their public speaking skills.



## 2. Self-Management | ability to stay in control and persevere through challenges

Maintain a positive attitude even when they disagree with others.



Actively work to keep their group on task and focused on goals.



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### 3. Social Awareness | understanding and empathizing with others

Understand how another person's perspective can influence their arguments.



Can identify individuals or groups who can help them with a problem.



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### 4. Relationship Skills | ability to work in teams and resolve conflicts

When a group gets stuck on a problem, they help brainstorm solutions and new ways to go forward.



Encourage other group members to contribute and then listen to and value their contributions.



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### 5. Responsible Decision-Making | making ethical and safe choices

Can evaluate the pros and cons of different strategies to solve a problem, think ahead of time about difficulties that might come up along the way, and decide which strategy is the best to work towards their goal.



Are committed to staying involved in community issues in the future.

