



the institute for *girls'* development  
A Psychological Corporation

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## SOCIAL AND EMOTIONAL LEARNING SKILL SETS

Wonder what research says about the skills important for children to develop as they grow socially and emotionally? The Collaborative for Academic, Social & Emotional Learning (<http://www.CASEL.org>) provides extensive research-based information about social and emotional skills for children. If you are interested in understanding more about social and emotional intelligence and how to foster both, here are some book resources and a list of skills. *Note: the strength-based philosophy of the Institute's assessment program incorporates the concepts of social and emotional intelligence into the testing and feedback process.*

[\*Building Emotional Intelligence: Techniques to cultivate inner strengths in children\*](#) by Linda Lantieri and Daniel Goleman.

[\*Emotional Intelligence: Why it can matter more than IQ\*](#) by Daniel Goleman. 10<sup>th</sup> Anniversary Edition: 2006.

[\*The Educator's Guide to Emotional Intelligence and Academic Achievement: Social-Emotional Learning in the Classroom\*](#) by Maurice J. Elias & Harriett Arnold (Eds.) Thousand Oaks, CA: Corwin Press, 2006.

[\*Social Intelligence: The new science of human relationships\*](#) by Daniel Goleman. 2007.

GOALS	SKILL AREA
Know yourself and others	Identify feelings
	Be responsible
	Recognize strengths
Make responsible decisions	Manage emotions
	Understand situations accurately
	Set goals and implement plans
	Solve problems creatively
Care for others	Show empathy
	Respect others
	Appreciate diversity
Know how to act	Communicate effectively
	Build relationships
	Negotiate fairly
	Refuse provocations
	Seek help
	Act ethically