



# Washington State Social Emotional Learning Standards and Benchmarks

and

## ASCA Mindsets & Behaviors for Student Success Crosswalk

### 2024

Washington State Social Emotional Learning Standards and Benchmarks	ASCA Mindsets & Behaviors for Student Success*			
<b>Standard 1: Self-Awareness</b> —Individual can identify their emotions, personal assets, areas for growth, and potential external resources and supports.	<b>Mindsets</b>	<b>Learning Strategies</b>	<b>Self-Management Skills</b>	<b>Social Skills</b>
<u>Benchmark 1A</u> : Demonstrates awareness and understanding of one’s own emotions and emotions’ influence on behavior.	M 1.		B-SMS 7.	
<u>Benchmark 1B</u> : Demonstrates awareness of personal and collective identity encompassing strengths, areas for growth, aspirations, and cultural and linguistic assets.	M 5.			B-SS 2. B-SS 10.
<u>Benchmark 1C</u> : Demonstrates self-awareness and understanding of external influences, e.g., culture, family, school, and community resources and supports.	M 2.	B-LS 9.	B-SMS 6. B-SMS 9.	B-SS 10.
<b>Standard 2: Self-Management</b> —Individual can regulate emotions, thoughts, and behaviors.	<b>Mindsets</b>	<b>Learning Strategies</b>	<b>Self-Management Skills</b>	<b>Social Skills</b>
<u>Benchmark 2A</u> : Demonstrates the skills to manage one’s emotions, thoughts, impulses, and stress in constructive ways.	M 1.	B-LS 1.	B-SMS 2. B-SMS 3. B-SMS 7. B-SMS 10.	B-SS 9.
<u>Benchmark 2B</u> : Demonstrates responsible decision-making and problem solving skills.	M 5.	B-LS 1. B-LS 2. B-LS 9.	B-SMS 1.	B-SS 5.
<b>Standard 3: Self-Efficacy</b> —Individual can motivate themselves, persevere, and see themselves as capable	<b>Mindsets</b>	<b>Learning Strategies</b>	<b>Self-Management Skills</b>	<b>Social Skills</b>
<u>Benchmark 3A</u> : Demonstrates the skills to set, monitor, adapt, persevere, achieve, and evaluate goals.	M 4. M 5.	B-LS 3. B-LS 4. B-LS 6. B-LS 7.	B-SMS 4. B-SMS 5. B-SMS 6.	
<u>Benchmark 3B</u> : Demonstrates problem-solving skills to engage responsibly in a variety of situations.	M 5.	B-LS 1. B-LS 2.	B-SMS 6. B-SMS 8. B-SMS 9.	B-SS 5. B-SS 6. B-SS 7.
<u>Benchmark 3C</u> : Demonstrates awareness and ability to speak on behalf of personal rights and advocacy.	M 2.	B-LS 4.	B-SMS 9.	B-SS 8.
<b>Standard 4: Social Awareness</b> —Individual can take the perspective of and empathize with others from diverse backgrounds and cultures.	<b>Mindsets</b>	<b>Learning Strategies</b>	<b>Self-Management Skills</b>	<b>Social Skills</b>
<u>Benchmark 4A</u> : Demonstrates awareness of other people’s emotions, perspectives, cultures, languages, histories, identities, and abilities.	M 2.			B-SS 4. B-SS 10.
<u>Benchmark 4B</u> : Demonstrates an awareness and respect for similarities and differences among community, cultural and social groups.	M 2.			B-SS 2. B-SS 8.
<u>Benchmark 4C</u> : Demonstrates an understanding of the variation within and across cultures.	M 2.	B-LS 9.		B-SS 10.

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<b>Standard 5: Social Management</b> —Individual can make safe and constructive choices about personal behavior and social interactions.	Mindsets	Learning Strategies	Self-Management Skills	Social Skills
<u>Benchmark 5A</u> : Demonstrates a range of communication and social skills to interact effectively with others	M 2.			B-SS 1. B-SS 6.
<u>Benchmark 5B</u> : Demonstrates the ability to identify and take steps to resolve interpersonal conflicts in constructive ways.	M 1.		B-SMS 1.	B-SS 1. B-SS 6.
<u>Benchmark 5C</u> : Demonstrates the ability to engage in respectful and healthy relationships with individuals of diverse perspectives, cultures, language, history, identity, and ability	M 2.			B-SS 3. B-SS 7. B-SS 10.
<b>Standard 6: Social Engagement</b> —Individual can consider others and show a desire to contribute to the well-being of school and community.	Mindsets	Learning Strategies	Self-Management Skills	Social Skills
<u>Benchmark 6A</u> : Demonstrates a sense of school and community responsibility.	M 2.	B-LS 10.	B-SMS 8.	B-SS 5. B-SS 6. B-SS 7.
<u>Benchmark 6B</u> : Demonstrates the ability to work with others to set, monitor, adapt, achieve, and evaluate goals	M 5.	B-LS 9. B-LS 10.	B-SMS 2.	B-SS 6. B-SS 7.
<u>Benchmark 6C</u> : Contributes productively to one’s school, workplace, and community.	M 2.	B-LS 5.	B-SMS 9.	B-SS 2. B-SS 6. B-SS 7.

\*When choosing the appropriate learning standard for students, it is important to ensure that the standards are directly aligned with the learning objective(s) for the lesson or intervention and the developmental level of the student(s). Refer to Washington Social Emotional Learning Indicators for more information.

### References

American School Counselor Association. (2021). *ASCA student standards: Mindsets & behaviors for student success*. <https://www.schoolcounselor.org/getmedia/7428a787-a452-4abb-afec-d78ec77870cd/Mindsets-Behaviors.pdf>

Washington Office of Superintendent of Public Instruction. (2019). *Social emotional learning standards, benchmarks, and indicators*. [https://ospi.k12.wa.us/sites/default/files/2023-08/selstandardsbenchmarksindicatorslongform\\_0.pdf](https://ospi.k12.wa.us/sites/default/files/2023-08/selstandardsbenchmarksindicatorslongform_0.pdf)