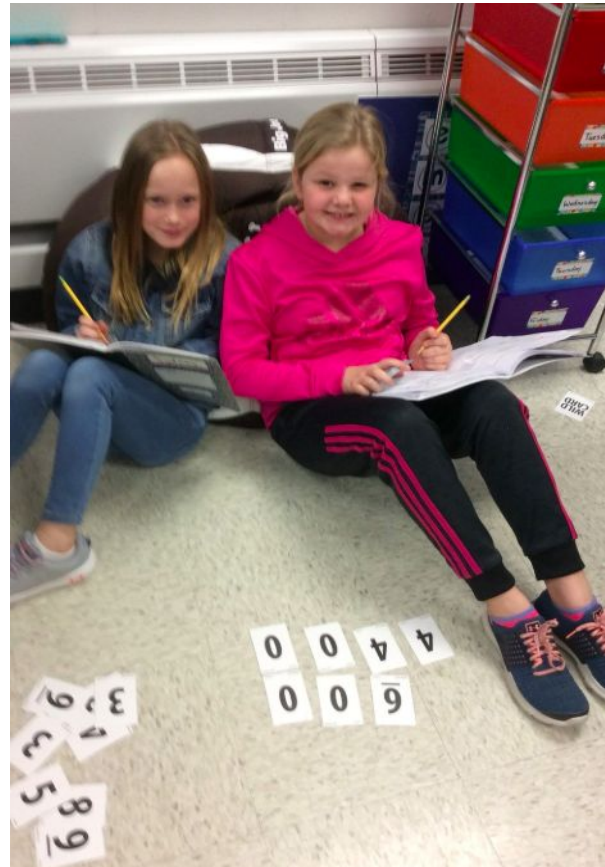


Self-Management



- I express emotions to myself and others in respectful ways.
- I am engaged in my own learning to meet my goals.
- I identify strategies to persist and maintain motivation when working towards goals.

The ability to regulate your emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, controlling impulses, motivating yourself, and setting and working toward personal and academic goals.