

ATL Category	ATL Cluster	ATL Skills	LEARNER PROFILE	SEL Competency	SEL SKILL		
SELF-MANAGEMENT	ORGANIZATIONAL SKILLS	Plan short and long term assignments; meet deadlines	Principled	Self-Management	Recognize the skills needed to establish and achieve personal and educational goals.		
		Create plans to prepare for summative assessments (examinations and performances)	Principled	Self-Management	Recognize the skills needed to establish and achieve personal and educational goals.		
		Keep and use a weekly planner for assignments	Principled	Self-Management	Recognize the skills needed to establish and achieve personal and educational goals.		
		Set goals that challenging and realistic	Principled	Self-Management	Recognize the skills needed to establish and achieve personal and educational goals.		
		Plan strategies and take action to achieve personal and academic goals	Principled	Responsible Decision Making	Identify the consequences associated with one's actions in order to make constructive choices		
		Bring necessary equipment and supplies to class	Principled	Self-Management	Recognize the skills needed to establish and achieve personal and educational goals.		
		Keep an organized and logical system of information files/notebooks	Principled	Self-Management	Recognize the skills needed to establish and achieve personal and educational goals.		
		Use appropriate strategies for organizing complex information	Principled	Responsible Decision Making	Develop, implement and model effective problem solving and critical thinking skills		
		Understand and use sensory learning preferences (learning styles)	Principled	Responsible Decision Making	Develop, implement and model effective problem solving and critical thinking skills		
		Select and use technology effectively and productively	Principled	Responsible Decision Making	Evaluate personal, ethical, safety and civic impact of decisions		
		AFFECTIVE SKILLS		Practice focus and concentration	Principled	Self-Management	Understand and practice strategies for managing one's own emotions, thoughts and behaviors Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals
				Practice strategies to develop mental quiet	Principled	Self-Management	Understand and practice strategies for managing one's own emotions, thoughts and behaviors Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals
				Practice strategies to overcome distractions	Principled	Self-Management	Understand and practice strategies for managing one's own emotions, thoughts and behaviors Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals
				Demonstrate persistence and perseverance	Balanced	Self-Management	Understand and practice strategies for managing one's own emotions, thoughts and behaviors Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals
				Practice delaying gratification	Principled	Self-Management	Understand and practice strategies for managing one's own emotions, thoughts and behaviors Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals
				Practice strategies to overcome impulsiveness and anger	Balanced	Self-Management	Understand and practice strategies for managing one's own emotions, thoughts and behaviors Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals
				Practice strategies to prevent and eliminate bullying	Principled	Self-Management	Understand and practice strategies for managing one's own emotions, thoughts and behaviors Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals
				Practice strategies to reduce anxiety	Balanced	Self-Management	Understand and practice strategies for managing one's own emotions, thoughts and behaviors Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals
Practice being aware of body-mind connections	Balanced			Self-Management	Understand and practice strategies for managing one's own emotions, thoughts and behaviors Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals		
Practice analyzing and attributing causes for failure	Thinkers			Self-Management	Understand and practice strategies for managing one's own emotions, thoughts and behaviors Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals		
Practice managing self-talk	Balanced			Self-Management	Understand and practice strategies for managing one's own emotions, thoughts and behaviors Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals		
Practice positive thinking	Balanced			Self-Management	Understand and practice strategies for managing one's own emotions, thoughts and behaviors Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals		
Practice 'bouncing back' after adversity, mistakes and failures	Principled			Self-Management	Understand and practice strategies for managing one's own emotions, thoughts and behaviors Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals		
Practice 'falling well'	Principled			Self-Management	Understand and practice strategies for managing one's own emotions, thoughts and behaviors Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals		
Practice dealing with disappointment and unmet expectations	Balanced			Self-Management	Understand and practice strategies for managing one's own emotions, thoughts and behaviors Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals		
Practice dealing with change	Open-Minded	Self-Management	Understand and practice strategies for managing one's own emotions, thoughts and behaviors Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals				
REFLECTION SKILLS		Develop new skills, techniques and strategies for effective learning	Knowledgeable	Self-Awareness Responsible Decision Making	Recognize one's personal traits, strengths and limitations Develop, implement and model effective problem solving and critical thinking skills		
		Identify strengths and weaknesses of personal learning strategies (self-assessment)	Reflective	Self-Management	Recognize the skills needed to establish and achieve personal and educational goals. Recognize one's personal traits, strengths and limitations		
		Demonstrate flexibility in the selection and use of learning strategies	Open-Minded	Self-Awareness Responsible Decision Making	Recognize one's personal traits, strengths and limitations Develop, implement and model effective problem solving and critical thinking skills		
		Try new approaches to learning and evaluate their effectiveness	Open-Minded	Self-Awareness Responsible Decision Making	Recognize one's personal traits, strengths and limitations Develop, implement and model effective problem solving and critical thinking skills		
		Consider content (What did I learn about today? What don't I yet understand? What questions do I have now?)	Reflective	Self-Awareness	Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals Recognize one's personal traits, strengths and limitations		
		Consider ATL skills development (What can already do? How can I share my skills to help peers who need more practice? What will I work on next?)	Reflective	Self-Awareness Self-Management	Recognize one's feelings and thoughts Recognize the impact of one's feelings and thoughts on one's own behavior Recognize the skills needed to establish and achieve personal and educational goals. Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals		
		Consider personal learning strategies (How efficiently and effectively am I learning? What can I do to become a more efficient and effective learner? How can my understanding of personal strengths and weaknesses help me develop my own strategies of learning?)	Reflective	Self-Awareness Self-Management	Recognize one's personal traits, strengths and limitations Recognize one's feelings and thoughts Recognize the impact of one's feelings and thoughts on one's own behavior Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals		
		Consider ethical, cultural and environmental implications	Reflective	Social Awareness Responsible Decision Making	Demonstrate an awareness of the differences among individuals, groups and others' cultural backgrounds Identify the consequences associated with one's actions in order to make constructive choices Understand and practice strategies for managing one's own emotions, thoughts and behaviors		
		Keep a journal to record reflections	Reflective	Self-Awareness Self-Management	Recognize one's personal traits, strengths and limitations Recognize one's feelings and thoughts Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals		