Personal Responsibility

A person's tendency to be careful and reliable in their actions and to contribute to group efforts.

Self-Awareness

A person's realistic understanding of their strengths and limitations and consistent desire for self-improvement.

Social Awareness

A person's capacity to interact with others in ways that show respect, tolerance and cooperation.

Goal-Directed Behavior

A person's initation of and persistence in completing difficult tasks-perseverance.

Optimistic Thinking

A peron's attitude of confidence, hopefulness and positive thinking about their self and their life situations in the past, present and future.

Relationship Skills

A person's skill at promoting and maintaining positive connections with others.

Decision Making

A person's approach to problem-solving, learning from experience using values to guide behavior and accepting responsibility.

Self-Management

A peron's success in controlling their emotions and behaviors especially in new and challenging situation.