



UNRULY SPLATS FOR SEL

CASEL CORE COMPETENCIES

UNRULY PROCESS

SELF-AWARENESS:

- Identifying emotions
- Accurate self-perception
- Self-confidence
- Self-efficacy

When coding alone or with partners, students must tackle the code confidently. They need to be efficient with their time and keep track of their process to avoid making the same mistakes.

This process can be very frustrating, so students need to identify their emotions in order to appropriately respond.

STUDENTS SHOULD ASK THEMSELVES:

- What do I know how to do?
- How much can I handle on my own?
- Do I want help, or do I need help?
- If I need help, how should I ask for help?
- Should I take a break if I am getting frustrated?
- What is the appropriate way/amount of time to take a break?

SELF-MANAGEMENT:

- Impulse control
- Stress management
- Self-discipline
- Intrinsic motivation
- Goal-setting, organizational skills

Splats are made to be stomped on, poked, pushed, slapped—you name it, it can endure it! This doesn't mean that every student gets to play with the Splats at once. Students need to exercise not just their minds and bodies, but their self-discipline and impulse control.

STUDENTS SHOULD ASK THEMSELVES:

- What is my goal or job?
- Do I know how to start?
- Am I using my time wisely?
- Am I "stuck" on a problem? If so, should I move on and come back to it later?
- Am I using the materials as tools and not toys?

<p>SOCIAL AWARENESS:</p> <ul style="list-style-type: none"> • Ability to see other’s perspectives • Empathy • Appreciating diversity • Respectfulness 	<p>When it comes to Splats, the more the merrier! Our activities often encourage partners or teams. This means students need to be able to work in diverse groups and understand that everyone has different strengths.</p> <p>STUDENTS SHOULD ASK THEMSELVES:</p> <ul style="list-style-type: none"> • Am I sharing air time and materials? • Am I speaking appropriately and respectfully? • If someone is having a hard time, how can I help? • Even if I’m not working with my friends, can I still have fun?
<p>RELATIONSHIP SKILLS:</p> <ul style="list-style-type: none"> • Communication • Social engagement • Relationship-building • Teamwork 	<p>Not everyone can win a game, but everyone can still have fun! It’s important to show good sportsmanship so that everyone can learn and enjoy the experience.</p> <p>STUDENTS SHOULD ASK THEMSELVES:</p> <ul style="list-style-type: none"> • Am I doing my part for my team? • Am I listening? If not, what can I fix? • Am I being heard? If not, what can I do? • Am I showing good sportsmanship?
<p>RESPONSIBLE DECISION-MAKING:</p> <ul style="list-style-type: none"> • Identifying problems • Analyzing situations • Solving problems • Evaluating • Reflecting 	<p>Conflicts are inevitable when working in a team. Frustration is also inevitable when coding! It’s important to recognize when negative feelings are clouding our judgment. We encourage students to talk through social conflicts using “I” statements to avoid misplacing blame.</p> <p>Likewise, we encourage students to persevere through difficult activities. Some programs, just like relationships, take time!</p> <p>STUDENTS SHOULD ASK THEMSELVES:</p> <ul style="list-style-type: none"> • What’s tricky for me? • What tools are available for help? • Which part of the problem can I work on right now? • If I avoid a problem, does that mean it goes away? • How have I seen other people handle this problem?