

Core Subject	Science
SEL Competency	Self-Awareness
Competency Benchmark	<ul style="list-style-type: none"> • I can identify and label my emotions and how my feelings can impact or direct my learning. • I can engage in a reflective process about how my thoughts and emotions can influence my choices. • I can maintain and model a growth mindset and persist through challenges or new experiences.

Educator Note

Science can be an engaging opportunity for students to take control and direct the path of their learning experiences while also increasing self-awareness skills. Whether through analyzing the process of an experiment, evaluating how they interact with and interpret data, or being open to new experiences and challenges, a science curriculum can be a helpful way to introduce skills that support development of self-awareness. Below are three integration strategies that will help buttress this development within existing lesson and projects.

Integration #1: Use Post-Experiment Reflection

Have students respond to the following prompts during a post-experiment reflection activity:

- Did your hypothesis impact the way you approached the work or interpreted the data?
- In what ways might you be able to improve your experiment if you were to do it again?
- What did you learn about the scientific method during this experiment?
- What areas of growth or personal development will support you with future experiments?

Integration #2: Focus on Meta-Cognition

As an end-of-class activity, exit ticket, or reflection, ask students to respond to these questions:

- Think about the material covered today and the learning that you participated in. Without describing the end result of the learning, explain what learning happened or how you engaged with it.
- What was the easiest thing for you to understand today? Why do you think that is?
- What area was most challenging for you? What made it difficult for you?

Integration #3: Create Opportunities for Student Agency

Engage students in a research project about a scientific topic that you, the educator, know little about. The process of learning alongside students will not only model a genuine zeal for inquiry and analysis, but will also provide students with opportunities to take on new leadership roles within the classroom, direct the path of their learning experience, and build their independence.