

Introduction To SES Skill Cards

[Skill Cards Module](#)

Ensuring Students Understand What the Skill Is

To learn and master any skill, we need to understand it. Skills need to be specific, observable, and describable. Effective communication, for example, comprises numerous skills, including listening (passive and active), asking genuine inquiry questions, self-awareness of what one is feeling and thinking and why one feels and thinks that way, using I statements, and interpersonal conflict resolution skills. Each of these skills has multiple components. Teachers must clearly define and describe what these skills look and sound like so students know what to say and do as they practice them in class and apply them in real life. Like a coach, teachers must demonstrate the skill so students understand how to use it. Skill Cards clearly define each skill and provide examples of what one needs to do and say when using it. All skill cards are found in the module where the skill is primarily addressed, and in this module ([Skill Cards Module](#)).

SES Skill Cards In This Module

[Skill Cards Module](#)

Self-Awareness Skill Cards

- Awareness of Feelings & Thinking Skill Card
- Focusing Short Form

Self-Management Skill Card

- Reality Checking Skill Card

Decision-Making & Personal Problem-Solving Skill Cards

- Developing & Meeting Goals Skill Card
- D.E.C.I.D.E Skill Card

Relationship Skills & Healthy Relationships Skill Cards

- Listening & Inquiry Skill Card
- I Statements Skill Card
- Listening, Inquiry, & I Statements Skill Card
- Assertively Saying No Skill Card
- Assertively Saying No To Sex Skill Card
- How To Apologize Skill Card
- Initiating, Maintaining, and Ending Conversations Skill Card

Conflict Resolution Skill Cards

- Conflict Resolution Step One Skill Card
- Conflict Resolution Skill Card
- Redirecting Conversations Skill Card

Other Skill Cards

- Observing & Giving Feedback Skill Card