

SEL SKILLS YOU NEED IN ESPORTS



SEL helps improve academic performance, manage stress and difficulties, and develop prosocial behaviors.

RELATIONSHIP SKILLS

Develops the ability to create and maintain healthy and diverse relationships.

SELF AWARENESS

Develops the ability to understand one's values, thoughts, emotions, and behaviors.

SOCIAL AWARENESS

Develops the ability to understand others' emotions and behaviors to empathize with their peers.

RESPONSIBLE DECISION MAKING

Develops the ability to make thoughtful and meaningful choices.

SELF MANAGEMENT

Develops the ability to manage and process one's emotions and behaviors in a healthy manner.

