



# SOCIAL AND EMOTIONAL LEARNING IN SCHOOLS

## CASEL's\* five core competencies



### SELF-AWARENESS

- Integrating personal and social identities
- Identifying personal, cultural and linguistic Assets
- Identifying one's emotions
- Demonstrating honesty and integrity
- Linking feelings, values and thoughts
- Examining prejudices and biases
- Experiencing self-efficacy
- Having a growth mindset
- Developing interests and sense of purpose



### SELF-MANAGEMENT

- Managing one's emotions
- Identifying and using stress-management strategies
- Exhibiting self-discipline and self-motivation
- Setting personal and collective goals
- Using planning and organizational skills
- Showing the courage to take initiative
- Demonstrating personal and collective agency



### SOCIAL AWARENESS

- Taking others' perspectives
- Recognizing strengths in others
- Showing empathy and compassion
- Showing concerns for the feeling of others
- Understanding and expressing gratitude
- Identifying diverse social norms, including unjust ones
- Recognizing situational demands and opportunities
- Understanding the influences of organizations/systems on behavior



### RELATIONSHIP SKILLS

- Communicating effectively
- Developing positive relationships
- Demonstrating cultural competency
- Practicing teamwork and collaborative problem-solving
- Resolving conflicts constructively
- Resisting negative social pressure
- Showing leadership in groups
- Seeking or offering support and help when needed
- Standing up for the rights of others



### RESPONSIBLE DECISION-MAKING

- Demonstrating curiosity and open-mindedness
- Identifying solutions for personal and social problems
- Learning to make a reasoned judgment after analyzing information, data, facts
- Anticipating and evaluating the consequences of one's actions
- Recognizing how critical thinking skills are useful both inside & outside of school
- Reflecting on one's role to promote personal, family, and community well-being
- Evaluating personal, interpersonal, community, and institutional impacts

\* Collaborative Academic Social Emotional Learning (CASEL)