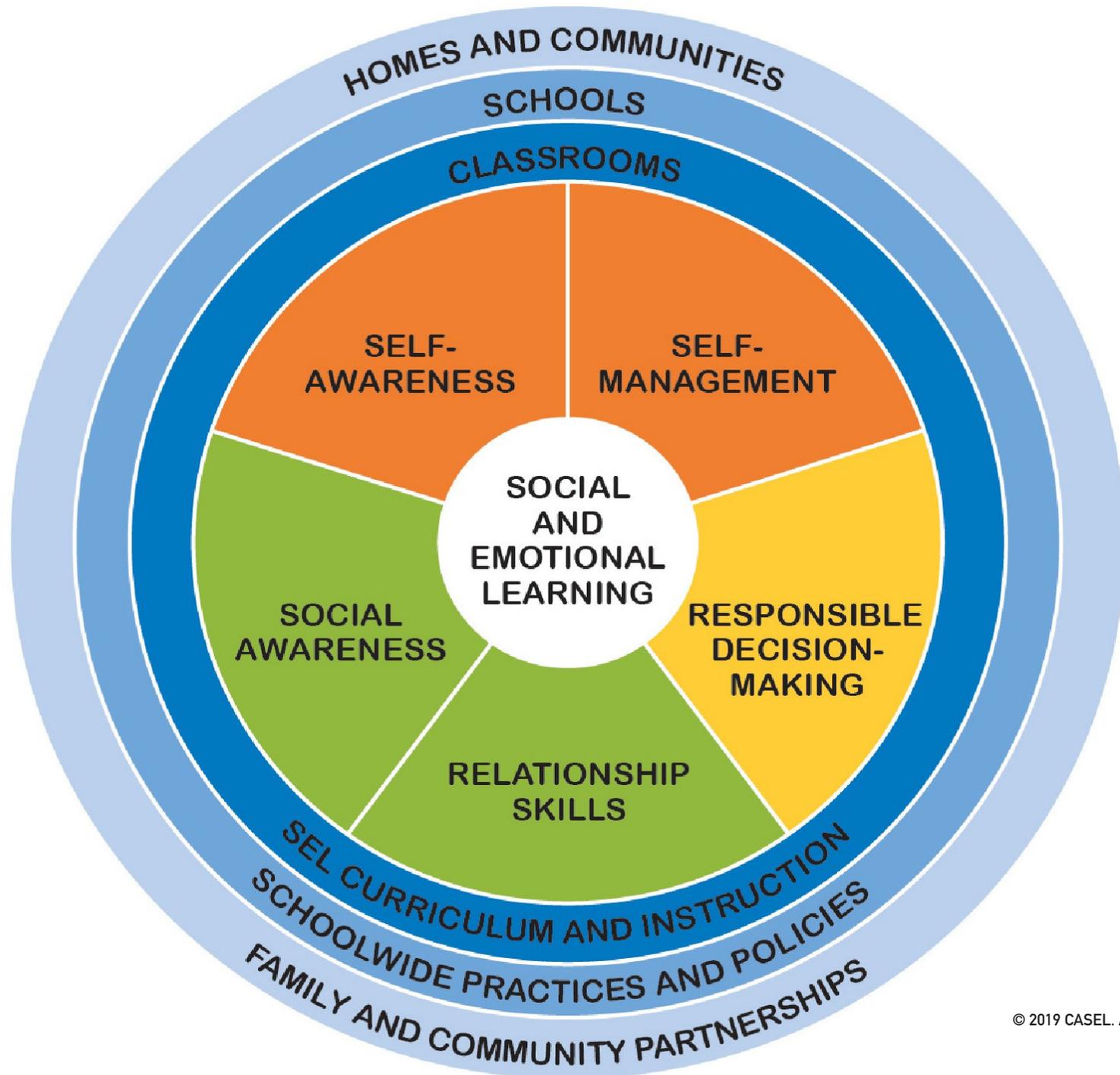


# CASEL's Framework for Systemic Social and Emotional Learning



# Social and Emotional Learning (SEL) Competencies

CASEL's five SEL competencies represent categories for organizing intra- and inter-personal knowledge, skills, and abilities. CASEL views these competencies as interrelated and integral to the growth and development of students. In 2019, CASEL updated the definition of each competency to **explicitly address SEL as a lever for fostering equitable environments in support all students.**

## SELF-AWARENESS

The ability to identify and understand one's own emotions, thoughts, personal and social identities, goals and values, and how they influence behavior across contexts. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and self-efficacy.

- Identifying emotions
- Understanding of personal and sociocultural identities
- Recognizing strengths and cultural assets
- Awareness of beliefs, mindsets and biases
- Self-confidence
- Self-efficacy

## SELF-MANAGEMENT

The ability to regulate emotions and behaviors. This includes the ability to delay gratification, manage stress and control impulses through coping. It includes managing expressiveness, perseverance and agency in addressing personal and group-level challenges to achieve self- and collectively defined goals and objectives.

- Agency
- Stress management and coping skills
- Self-discipline and impulse control
- Self-motivation
- Goal setting
- Organizational skills

## SOCIAL AWARENESS

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand broader historical and social contexts and norms for behavior in different settings, and to recognize family, school, and community supports for self and others.

- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others
- Understanding social norms
- Recognizing cultural demands and opportunities
- Recognizing issues of inequity

## RELATIONSHIP SKILLS

The ability to establish and maintain healthy and rewarding relationships, and to effectively navigate settings with different social and cultural norms and demands. The ability to communicate clearly, listening actively, seek collective well-being, negotiate conflict constructively, seek help and offer leadership when needed and working collaboratively to problem solve across differences.

- Communication
- Social engagement
- Relationship building
- Teamwork
- Cultural competency
- Collaborative problem-solving

## RESPONSIBLE DECISION-MAKING

The ability to make caring, constructive choices about personal behavior and social interactions across settings. Critically examining ethical standards, safety concerns, behavioral norms, and making realistic evaluations of benefits and consequences of various actions, and to consider collective health and well-being.

- Identifying problems and inequities
- Analyzing impact of individual and institutional decisions and actions
- Co-creating inclusive solutions
- Evaluating
- Reflecting
- Ethical responsibility

