

**Collaborative for Academic and Social Emotional Learning (CASEL)- Social-Emotional Learning (SEL) competencies include:** <https://www.edutopia.org/keys-social-emotional-learning-video>

**Self-awareness – ELS 16.1**

The ability to accurately recognize one’s own emotions, thoughts, interests and values and how they influence behavior. The ability to accurately assess one’s strengths and limitations, with a well-grounded sense of confidence, optimism, and a “growth mindset.”

- Identifying and labeling emotions
- Accurate self-perception
- Recognizing strengths
- Self-confidence
- Self-efficacy

**Self-management – ELS 16.1**

The ability to successfully regulate one’s emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- Impulse control/Self-regulate
- Stress management
- Self-discipline
- Self-motivation
- Goal-setting
- Organizational skills

**Social Awareness ELS 16.2 and 16.3**

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- Perspective-taking
- Empathy
- Appreciating similarities and differences
- Understanding own and others’ behavior and emotions

**Relationship Skills ELS 16.2**

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, take turns, develop friendships, negotiate conflict constructively, and seek and offer help when needed.

- Communication and listening skills
- Social engagement and Relationship-building
- Teamwork, work well with others
- Resolve conflict with others

**Responsible Decision-Making ELS 16.3**

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility

