

# CASEL SEL Competencies

## Self-Awareness

- Labeling one's feelings
- Relating feelings and thoughts to behavior
- Having an accurate self-assessment of strengths and challenges
- Showing self-efficacy
- Demonstrating optimism

## Social Awareness

- Engaging in perspective-taking
- Demonstrating empathy
- Respecting diversity
- Understanding social and ethical norms of behavior
- Recognizing family, school, and community supports



## Self-Management

- Regulating one's emotions
- Managing stress
- Demonstrating self-control
- Showing self-motivation
- Setting and achieving goals

## Responsible Decision-Making

- Considering the well-being of self and others
- Recognizing one's responsibility to behave ethically
- Basing decisions on safety, social, and ethical considerations
- Evaluating realistic consequences of various actions
- Making constructive, safe choices for self, relationships, and school

## Relationship Skills

- Building relationships with diverse individuals and groups
- Communicating clearly
- Working cooperatively
- Resolving conflicts
- Seeking help

