



Educating Hearts.
Inspiring Minds.

<https://casel.org/>

CORE COMPETENCIES TO SEL *(CASEL-SEL)

[Social and emotional learning \(SEL\)](#) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

The goal of SEL is to prepare students for long-term success in life and to become responsible, caring members of our multicultural society.

The most effective way to promote SEL infuses social and emotional learning into every part of students' daily lives — across all of their classrooms, during all times of the school day, and when they are in their homes and communities. This requires a coordinated, systemic approach between district leaders, principals, teachers, families, community partners, and other stakeholders.

- **Self-awareness:** Recognizing one's emotions and thoughts and their influence on behavior. This includes accurately assessing one's own strengths and limitations and biases, and possessing a well-grounded sense of confidence, optimism and growth mindset.
- **Self-management:** Regulating one's emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, controlling impulses, motivating oneself, and setting and working toward personal and academic goals.
- **Social awareness:** Taking the perspective of and empathizing with others from diverse backgrounds and cultures, understanding social and ethical norms for behavior, and recognizing family, school, and community resources and supports.
- **Relationship skills:** Establishing and maintaining healthy and rewarding relationships with diverse individuals and groups. This includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed.
- **Responsible decision-making:** Making constructive and respectful choices about personal behavior and social interactions based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others.