

## **CASEL'S FIVE SEL COMPETENCIES**

### **SELF AWARENESS**

- Labeling one's feelings
- Relating feelings and thoughts to behavior
- Accurate self-assessment of strengths/challenges
- Self-efficacy
- Optimism

### **SELF MANAGEMENT**

- Regulating one's emotions
- Managing stress
- Self-control
- Self-motivation
- Setting and achieving goals

### **SOCIAL AWARENESS**

- Perspective-taking
- Empathy
- Appreciating diversity
- Understanding social and ethical norms for behavior
- Recognizing family, school and community supports

### **RELATIONSHIP SKILLS**

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

### **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 about self, relationships and school

# What is Social and Emotional Learning?

**SEL is a process whereby young people and adults acquire knowledge, skills, and dispositions related to five competencies:**

**Self-Awareness**

**Responsible Decision-Making**

**Self-Management**

**Relationship Skills**

**Social Awareness**

