

CASEL SEL Standards

Self-Awareness

- Identifying emotions: Identifying and labeling one's feelings
- Recognizing strengths: Identifying and cultivating one's strengths and positive qualities

Social Awareness

- Perspective taking: Identifying and understanding the thoughts and feelings of others
- Appreciating diversity: Understanding that individual and group differences complement each other and make the world more interesting

Self-Management

- Managing emotions: Monitoring and regulating feelings so they aid rather than impede the handling of situations
- Goal setting: Establishing and working toward the achievement of short- and longterm prosocial goals

Responsible Decision Making

- Analyzing situations: Accurately perceiving situations in which a decision is to be made and assessing factors that might influence one's response
- Assuming personal responsibility: Recognizing and understanding one's obligation to engage in ethical, safe, and legal behaviors
- Respecting others: Believing that others deserve to be treated with kindness and compassion and feeling motivated to contribute to the common good
- Problem solving: Generating, implementing, and evaluating positive and informed solutions to problems

Relationship Skills

- Communication: Using verbal and nonverbal skills to express oneself and promote positive and effective exchanges with others.
- Building relationships: Establishing and maintaining healthy and rewarding connections with individuals and groups
- Negotiation: Achieving mutually satisfactory resolutions to conflict by addressing the needs of all concerned
- Refusal: Effectively conveying and following through with one's decision not to engage in unwanted, unsafe, unethical, or unlawful conduct