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**
- **Relationship Skills**
- **Self-Management**
- **Social Awareness**