



Alignment of the Elementary Level Curricula to the CASEL Core SEL Competencies

COMPETENCY: SELF-AWARENESS

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

- Identifying emotions
- Accurate self-perception
- Recognizing strengths
- Self-confidence
- Self-efficacy

| RELEVANT K-2 LESSONS | RELEVANT 3-5 LESSONS |
|---|---|
| <ul style="list-style-type: none">• Lesson 3: Coping Skills | <ul style="list-style-type: none">• Lesson 3: Coping Skills |

COMPETENCY: SELF-MANAGEMENT

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Goal-setting
- Organizational skills

| RELEVANT K-2 LESSONS | RELEVANT 3-5 LESSONS |
|---|---|
| <ul style="list-style-type: none">• Lesson 4: Self-Control• Lesson 9: Having a Positive Attitude | <ul style="list-style-type: none">• Lesson 6: Having a Positive Attitude• Lesson 7: Perseverance & Personal Best |



Alignment of the Elementary Level Curricula to the CASEL Core SEL Competencies

COMPETENCY: SOCIAL AWARENESS

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others

| RELEVANT K-2 LESSONS | RELEVANT 3-5 LESSONS |
|--|---|
| <ul style="list-style-type: none">• Lesson 1: Listening• Lesson 2: Fairness• Lesson 7: Respect | <ul style="list-style-type: none">• Lesson 2: Empathy• Lesson 4: Respect• Lesson 12: Good Citizenship |

COMPETENCY: RELATIONSHIP SKILLS

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- Communication
- Social engagement
- Relationship-building
- Teamwork

| RELEVANT K-2 LESSONS | RELEVANT 3-5 LESSONS |
|---|--|
| <ul style="list-style-type: none">• Lesson 5: Cooperation• Lesson 6: Resolving Conflicts• Lesson 11: Becoming a Good Friend | <ul style="list-style-type: none">• Lesson 8: Cooperation & Teamwork• Lesson 9: Resolving Conflicts• Lesson 11: Becoming a Good Friend |



Alignment of the Elementary Level Curricula to the CASEL Core SEL Competencies

COMPETENCY: RESPONSIBLE DECISION-MAKING

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility

| RELEVANT K-2 LESSONS | RELEVANT 3-5 LESSONS |
|--|---|
| <ul style="list-style-type: none">• Lesson 6: Resolving Conflicts• Lesson 8: Integrity• Lesson 10: Being Responsible | <ul style="list-style-type: none">• Lesson 1: Being Responsible• Lesson 5: Integrity• Lesson 10: Handling Peer Pressure |



Alignment of the Middle and High School Level Curricula to the CASEL Core SEL Competencies

COMPETENCY: SELF-AWARENESS

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

- Identifying emotions
- Accurate self-perception
- Recognizing strengths
- Self-confidence
- Self-efficacy

| RELEVANT MIDDLE SCHOOL LESSONS | RELEVANT HIGH SCHOOL LESSONS |
|--|--|
| Getting Started Module <ul style="list-style-type: none">• Lesson 1: Who Are You?• Lesson 2: What Is Overcoming Obstacles? Confidence Building Module <ul style="list-style-type: none">• Lesson 2: Identifying Strengths and Weaknesses• Lesson 4: Clarifying Values• Lesson 6: Developing Personal Power Module Five: Studying Effectively <ul style="list-style-type: none">• Lesson 7: Learning How You Learn Best | Getting Started Module <ul style="list-style-type: none">• Lesson 1: What Is Overcoming Obstacles? Confidence Building Module <ul style="list-style-type: none">• Lesson 2: Identifying Strengths• Lesson 3: Establishing What's Important• Lesson 5: Developing Personal Power Module Six: Skills for School and Beyond <ul style="list-style-type: none">• Lesson 1: Identifying Your Learning Style Module Seven: A Game Plan for College/Higher Education <ul style="list-style-type: none">• Lesson 1: Assessing Your Talents and Interests |



Alignment of the Middle and High School Level Curricula to the CASEL Core SEL Competencies

COMPETENCY: SELF-MANAGEMENT

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Goal-setting
- Organizational skills

| RELEVANT MIDDLE SCHOOL LESSONS | RELEVANT HIGH SCHOOL LESSONS |
|--|---|
| Getting Started Module <ul style="list-style-type: none">• Lesson 4: Setting Expectations Confidence Building Module <ul style="list-style-type: none">• Lesson 3: Staying Healthy Module Three: Goal Setting <ul style="list-style-type: none">• Lesson 1: Defining Goals• Lesson 2: Stepping-Stone Goals• Lesson 3: Taking Action• Lesson 4: Persevering Module Four: Managing Personal Resources <ul style="list-style-type: none">• Lesson 1: Developing a Positive Attitude• Lesson 2: Being Accountable• Lesson 3: Handling Stress• Lesson 4: Managing Your Time• Lesson 5: Taking the Initiative | Getting Started Module <ul style="list-style-type: none">• Lesson 2: Setting Expectations Confidence Building Module <ul style="list-style-type: none">• Lesson 4: Improving Well-Being Module Three: Setting and Achieving Goals <ul style="list-style-type: none">• Lesson 1: Identifying Goals• Lesson 2: Setting Priorities• Lesson 3: Developing a Positive Attitude Module Four: Resolving Conflicts <ul style="list-style-type: none">• Lesson 3: Managing Anger in Conflict Situations Module Six: Skills for School and Beyond <ul style="list-style-type: none">• Lesson 2: Managing Your Time• Lesson 3: Reading, Listening, and Note Taking• Lesson 4: Writing Reports and Presenting to an Audience• Lesson 5: Preparing for Tests and Exams• Lesson 6: Managing Stress |

COMPETENCY: SELF-MANAGEMENT (Continued)

| RELEVANT MIDDLE SCHOOL LESSONS | RELEVANT HIGH SCHOOL LESSONS |
|---|---|
| <p>Module Five: Studying Effectively</p> <ul style="list-style-type: none"> • Lesson 1: Getting Organized • Lesson 2: Following Instructions • Lesson 3: Using Appropriate Resources • Lesson 4: Taking Notes • Lesson 5: Writing Reports • Lesson 6: Taking Tests <p>Module Eight: Looking to The Future</p> <ul style="list-style-type: none"> • Lesson 1: Adapting to Change • Lesson 5: Presenting Yourself | <p>Module Seven: A Game Plan for College/Higher Education</p> <ul style="list-style-type: none"> • Lesson 2: Determining the Training and Education You'll Need • Lesson 4: Applying to Colleges, Universities, and Technical Schools • Lesson 5: Discovering Money: Scholarships, Grants, and Loans <p>Module Eight: A Game Plan for Work</p> <ul style="list-style-type: none"> • Lesson 1: Working Toward Your Goals • Lesson 2: Exploring Job Possibilities • Lesson 3: Looking for a Job • Lesson 5: Preparing a Resume <p>Module Nine: Getting the Job</p> <ul style="list-style-type: none"> • Lesson 1: Completing Applications • Lesson 2: Preparing for an Interview <p>Module Eleven: On Your Own</p> <ul style="list-style-type: none"> • Lesson 1: Managing Your Finances • Lesson 2: Making a Budget |



Alignment of the Middle and High School Level Curricula to the CASEL Core SEL Competencies

COMPETENCY: SOCIAL AWARENESS

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others

| RELEVANT MIDDLE SCHOOL LESSONS | RELEVANT HIGH SCHOOL LESSONS |
|---|--|
| Confidence Building Module <ul style="list-style-type: none">• Lesson 1: Giving and Earning Respect• Lesson 5: Avoiding Stereotypes Module Eight: Looking to The Future <ul style="list-style-type: none">• Lesson 2: Handling Peer Pressure | Confidence Building Module <ul style="list-style-type: none">• Lesson 1: Giving and Earning Respect Module Four: Resolving Conflicts <ul style="list-style-type: none">• Lesson 2: Uncovering Stereotypes Module Eleven: On Your Own <ul style="list-style-type: none">• Lesson 3: Understanding Advertising and Mass Media |



Alignment of the Middle and High School Level Curricula to the CASEL Core SEL Competencies

COMPETENCY: RELATIONSHIP SKILLS

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- Communication
- Social engagement
- Relationship-building
- Teamwork

| RELEVANT MIDDLE SCHOOL LESSONS | RELEVANT HIGH SCHOOL LESSONS |
|---|---|
| Getting Started Module <ul style="list-style-type: none">• Lesson 3: Working in Teams Module One: Communication <ul style="list-style-type: none">• Lesson 1: Understanding Nonverbal Messages• Lesson 2: Listening• Lesson 3: Speaking• Lesson 4: Being Assertive• Lesson 5: Expressing Opinions Constructively Module Seven: Resolving Conflicts <ul style="list-style-type: none">• Lesson 1: Understanding Conflicts• Lesson 2: Identifying Emotions in Conflicts• Lesson 3: Controlling Emotions in Conflicts• Lesson 4: Using Communication Skills Effectively• Lesson 5: Creating a Win-Win Situation• Lesson 6: Resolving Conflicts | Module One: Communication <ul style="list-style-type: none">• Lesson 1: Understanding Nonverbal Communication• Lesson 2: Listening• Lesson 3: Listening Critically• Lesson 5: Communicating Constructively Module Three: Setting and Achieving Goals <ul style="list-style-type: none">• Lesson 5: Learning to Be Assertive Module Four: Resolving Conflicts <ul style="list-style-type: none">• Lesson 1: Introducing Conflict Resolution• Lesson 4: Creating a Win-Win Situation• Lesson 5: Resolving Conflict Module Eight: A Game Plan for Work <ul style="list-style-type: none">• Lesson 4: Networking• Lesson 6: Making Contacts |

COMPETENCY: RELATIONSHIP SKILLS (Continued)

| RELEVANT MIDDLE SCHOOL LESSONS | RELEVANT HIGH SCHOOL LESSONS |
|---|--|
| Module Eight: Looking to The Future <ul style="list-style-type: none">• Lesson 3: Getting Along• Lesson 4: Playing by the Rules | Module Nine: Getting the Job <ul style="list-style-type: none">• Lesson 3: Interviewing• Lesson 4: Following the Interview• Lesson 5: Responding to a Job Offer Module Ten: On-The-Job Skills <ul style="list-style-type: none">• Lesson 2: Working with Others• Lesson 3: Communicating on the Job• Lesson 4: Managing Time, Money, and People• Lesson 5: Advancing on the Job |



Alignment of the Middle and High School Level Curricula to the CASEL Core SEL Competencies

COMPETENCY: RESPONSIBLE DECISION-MAKING

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility

| RELEVANT MIDDLE SCHOOL LESSONS | RELEVANT HIGH SCHOOL LESSONS |
|---|--|
| <p>Module Two: Decision Making</p> <ul style="list-style-type: none">• Lesson 1: Making Decisions—Big and Small• Lesson 2: Gathering Information• Lesson 3: Identifying Options• Lesson 4: Weighing Options and Consequences• Lesson 5: Making a Choice <p>Module Six: Problem Solving</p> <ul style="list-style-type: none">• Lesson 1: Identifying Problems—Big and Small• Lesson 2: Identifying Options• Lesson 3: Considering Pros and Cons• Lesson 4: Finding Solutions | <p>Module One: Communication</p> <ul style="list-style-type: none">• Lesson 4: Speaking Responsibly <p>Module Two: Decision Making</p> <ul style="list-style-type: none">• Lesson 1: Starting the Decision Making Process• Lesson 2: Gathering Information• Lesson 3: Exploring Alternatives and Considering Consequences• Lesson 4: Making and Evaluating Decisions <p>Module Three: Setting and Achieving Goals</p> <ul style="list-style-type: none">• Lesson 4: Accessing Resources <p>Module Five: Problem Solving</p> <ul style="list-style-type: none">• Lesson 1: Problem Solving Techniques• Lesson 2: Problem Solving in School• Lesson 3: Problem Solving on the Job• Lesson 4: Problem Solving at Home |

COMPETENCY: RESPONSIBLE DECISION-MAKING (Continued)

RELEVANT HIGH SCHOOL LESSONS

Module Seven: A Game Plan for College/Higher Education

- Lesson 3: Choosing the Right Place: Colleges, Universities, and Technical Schools.

Module Ten: On-The-Job Skills

- Lesson 1: Developing a Positive Work Ethic

Module Eleven: On Your Own

- Lesson 4: Becoming a Responsible Citizen