



CASEL'S FIVE SEL COMPETENCIES

Self-Awareness

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

Self-Management

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

Social Awareness

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

Relationship Skills

- Communication
- Social engagement
- Building relationships
- Working cooperatively
- Resolving conflicts
- Helping/Seeking help

Responsible Decision Making

- Problem identification
- Situation analysis
- Problem-solving
- Evaluation
- Reflection
- Ethical responsibility

