



## Skills and Competencies Overview

### Social Emotional Learning

CASEL has identified five inter-related sets of cognitive, affective, and behavioral competencies: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making (CASEL, 2012). Learn more: <http://www.casel.org>

1. **Self-awareness** includes accurately recognizing one's emotions and thoughts, and their influence on behaviors, assessing one's strengths and limitations, and possessing a well-grounded sense of confidence and optimism.
2. **Self-management** involves regulating one's emotions, thoughts, and behaviors effectively in different situations (e.g., managing stress, controlling impulses, motivating oneself, and setting and working towards achieving personal and academic goals).
3. **Social awareness** is demonstrating the ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behavior, and to recognize family, school, and community resources and supports.
4. **Relationship skills** include establishing and maintaining healthy relationships with diverse individuals and groups, communicating clearly, listening actively, cooperating with others, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed.
5. **Responsible decision-making** includes making constructive and respectful choices about personal behavior, social interactions, and school based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others.



**21<sup>st</sup> Century Skills (Partnership for 21<sup>st</sup> Century Skills, 2011)** Learn more:  
<http://www.p21.org>

### Core Subjects and 21<sup>st</sup> Century Themes

Global Awareness  
Financial, Economic, Business and  
Entrepreneurial Literacy  
Civic Literacy  
Health Literacy  
Environmental Literacy  
STEM (Science, Technology,  
Engineering and Math)\*

### Learning and Innovation Skills

Creativity and Innovation  
Critical Thinking and Problem  
Solving  
Communication and Collaboration

### Information, Media and Technology Skills

Information Literacy  
Media Literacy  
ICT (Information, Communications  
and Technology) Literacy

### Life and Career Skills

Flexibility and Adaptability  
Initiative and Self-Direction  
Social and Cross-Cultural Skills  
Productivity and Accountability  
Leadership and Responsibility

## Employability Skills Framework

### Effective Relationships

- Interpersonal Skills
- Personal Qualities

### Workplace Skills

- Technology Use
- Systems Thinking Communication Skills
- Information Use
- Resource Management

### Applied Knowledge

- Critical Thinking Skills
- Applied Academic Skills
- Social and Emotional Core Competencies

