



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.



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

Core Subjects and 21st 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

