



Social and emotional learning is the process through which individuals acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

Five Core Competencies

<p>Self-Awareness</p> <ul style="list-style-type: none"> • Identifying one's own emotions • Accurate self-perception • Recognizing strengths • Self-confidence • Self-efficacy; growth mindset
<p>Self-Management</p> <ul style="list-style-type: none"> • Regulating one's own emotions • Managing stress • Self-discipline • Self-motivation • Organizational skills
<p>Social Awareness</p> <ul style="list-style-type: none"> • Ability to see other's perspectives • Empathy • Appreciating diversity • Respect for others
<p>Relationship Skills</p> <ul style="list-style-type: none"> • Ability to establish and maintain healthy, rewarding relationships with diverse individuals and groups • Communicating clearly; ability to listen • Cooperation with others • Resisting inappropriate social pressure • Ability to negotiate conflict • Seeking help when needed
<p>Responsible Decision-Making</p> <ul style="list-style-type: none"> • Ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms • Realistic evaluation of consequences of one's own actions, and consideration of the well-being of self and others

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