

CASEL Competencies and Sub-Competencies

With Standardized Abbreviations for Curriculum Documents

1. 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.”

- SEL CASEL 1A** Identifying Emotions
- SEL CASEL 1B** Accurate Self-Perception
- SEL CASEL 1C** Recognizing Strengths
- SEL CASEL 1D** Self-Confidence
- SEL CASEL 1B** Self-Efficacy

2. 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.

- SEL CASEL 2A** Impulse Control
- SEL CASEL 2B** Stress Management
- SEL CASEL 2C** Self-Discipline
- SEL CASEL 2D** Self-Motivation
- SEL CASEL 2E** Goal Setting
- SEL CASEL 2F** Organizational Skills

3. 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.

- SEL CASEL 3A** Perspective-Taking
- SEL CASEL 3B** Empathy
- SEL CASEL 3C** Appreciating Diversity
- SEL CASEL 3D** Respect for Others

4. 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.

- SEL CASEL 4A** Communication
- SEL CASEL 4B** Social Engagement
- SEL CASEL 4C** Relationship Building
- SEL CASEL 4D** Teamwork

Provided Courtesy of CASEL www.casel.org
Competency Wheel ([English](#)) ([Spanish](#))



© 2017 CASEL All Rights Reserved

5. 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 wellbeing of oneself and others.

- SEL CASEL 5A** Identifying Problems
- SEL CASEL 5B** Analyzing Situations
- SEL CASEL 5C** Solving Problems
- SEL CASEL 5D** Evaluating
- SEL CASEL 5E** Reflecting
- SEL CASEL 5F** Ethical Responsibility

