SEL Core Competencies

Self-Management
- Regulating one's emotions
- Managing Stress
- Self-control
- Self-motivation
- Stress management
- Setting and achieving goals

Self-Awareness
- Labeling one's feelings
- Relating feelings and thoughts to behavior
- Accurate self-assessment of strengths and challenges
- Self-efficacy
- Optimism

Social Awareness
- Perspective taking
- Empathy
- Respecting diversity
- Understanding social and ethical normal of behavior
- Recognizing family, school, and community supports

Responsible Decision-Making
- Considering the well-being of self and others
- Recognizing one's responsibility to behave ethically
- Basing decisions on safety, social and ethical considerations
- Evaluating realistic consequences of various actions
- Making constructive, safe choices for self, relationships, and school

Self-Management
- Building relationships with diverse individuals and groups
- Communicating clearly
- Working cooperatively
- Resolving conflicts
- Seeking help

Social & Emotional Learning

Sources: CASEL Acknowledge Alliance