

Table 1.1 The CASEL 5: Definitions and Skills Examples

| Self-Awareness | Self-Management | Social Awareness | Relationship Skills | Responsible Decision Making |
|---|---|---|---|---|
| <ul style="list-style-type: none"> • Accurately assessing one's feelings, interests, values, and strengths • Maintaining a well grounded sense of self confidence | <ul style="list-style-type: none"> • Regulating one's emotions to handle stress, control impulses, and persevere in addressing challenges • Expressing emotions appropriately • Setting and monitoring progress toward personal and academic goals | <ul style="list-style-type: none"> • Being able to take the perspective of and empathize with others • Recognizing and appreciating individual and group similarities and differences • Recognizing and making best use of family, school, and community resources | <ul style="list-style-type: none"> • Establishing and maintaining healthy and rewarding relationships based on cooperation • Resisting inappropriate social pressure • Preventing, managing, and resolving interpersonal conflict • Seeking help when needed | <ul style="list-style-type: none"> • Making decisions based on consideration of ethical standards, safety concerns, appropriate social norms, respect for others, and likely consequences of various actions • Applying decision-making skills to academic and social situations • Contributing to the well-being of one's school and community |
| <p><u>Skills Examples</u></p> <ul style="list-style-type: none"> • <i>Emotion recognition</i> • <i>Identifying feelings</i> • <i>Reflection on how one's behavior supports a caring community</i> • <i>Recognizing how emotions make our bodies feel</i> • <i>Understanding causes of emotions</i> | <p><u>Skills Examples</u></p> <ul style="list-style-type: none"> • <i>Goal setting</i> • <i>Self-calming and control</i> • <i>Changing emotions</i> • <i>Positive self-talk</i> • <i>Self-control</i> • <i>Appropriate expression of emotions</i> | <p><u>Skills Examples</u></p> <ul style="list-style-type: none"> • <i>Considering different points of view</i> • <i>Empathy</i> • <i>Understanding facial, verbal, and situational cues</i> • <i>Accurately assessing intentions</i> • <i>Appreciating diversity</i> • <i>Treating others fairly and being polite</i> | <p><u>Skills Examples</u></p> <ul style="list-style-type: none"> • <i>Communication and listening</i> • <i>Demonstrating respect and fairness</i> • <i>Being cooperative</i> • <i>Initiating positive relationships</i> • <i>Conflict resolution</i> • <i>Handling criticism</i> • <i>Teamwork</i> • <i>Inclusion</i> | <p><u>Skills Examples</u></p> <ul style="list-style-type: none"> • <i>Cognitive, interpersonal, and group problem solving</i> • <i>Flexible thinking</i> • <i>Taking responsibility for one's self</i> • <i>Evaluating possible consequences, solutions, and outcomes</i> • <i>Fairness</i> • <i>Participating in group decision making</i> |