

Social and Emotional Competencies Identified by CASEL*

Social Awareness

- **Perspective taking:** Identifying and understanding the thoughts and feelings of others
- **Appreciating diversity:** Understanding that individual and group differences complement each other and make the world more interesting

Self-Awareness

- **Identifying emotions:** Identifying and labeling one's feelings
- **Recognizing strengths:** Identifying and cultivating one's strengths and positive qualities

Self-Management

- **Managing emotions:** Monitoring and regulating feelings so that they aid rather than impede the handling of situations
- **Goal setting:** Establishing and working toward the achievement of short- and long-term pro-social goals

Relationship Skills

- **Communication:** Using verbal and nonverbal skills to express oneself and promote positive and effective exchanges with others
- **Building relationships:** Establishing and maintaining healthy and rewarding connections with individuals and groups
- **Negotiation:** Achieving mutually satisfactory resolutions to conflict by addressing the needs of all concerned
- **Refusal:** Effectively conveying and following through with one's decision not to engage in unwanted, unsafe, unethical, or unlawful conduct

Responsible Decision Making

- **Analyzing situations:** Accurately perceiving situations in which a decision is to be made, and assessing factors that might influence one's response
- **Assuming personal responsibility:** Recognizing and understanding one's obligation to engage in ethical, safe, and legal behaviors
- **Respecting others:** Believing that others deserve to be treated with kindness and compassion, and feeling motivated to contribute to the common good
- **Problem solving:** Generating, implementing and evaluating positive and informed solutions to problems

*The Collaborative for Academic, Social, and Emotional Learning (CASEL) at the University of Illinois at Chicago provides leadership in advancing the science of social and emotional learning and expanding the coordination of evidence-based SEL practice. Web site: www.casel.org