

The Five Core Competencies of Social Emotional Learning

According to CASEL (the Collaborative for Academic, Social, & Emotional Learning) SEL (social emotional learning) is a key concept of education and human development. Within this framework are five core competencies—Self-Awareness, Self-Management, Responsible Decision-Making, Relationship Skills, and Social Awareness. Circling these five core competencies of SEL are the four key settings where students live and grow—Classrooms, Schools, Family/Caregivers/Homelife, & Local/National Communities. These are the main settings where students learn to regulate, control, learn, share, build, strengthen, and create good habits in relationship to these five competencies. Parents and school staff can (& should) help students create positive habits and good mental and emotional well-being in these areas. Here are the five core competencies and the beliefs, attitudes, and behaviors within each category that can influence each student’s social emotional maturity:

1) Self-Awareness:

- a) Self-Awareness--How do we view ourselves and our emotions, as well as how we interact with the world around us?
- b) Positive/Optimistic Thinking—Do we have a positive outlook on our future & goals? This is a key characteristic of resiliency.

2) Self-Management:

- a) Self-Management & Adaptability—Can we adapt when things don’t go our way? How well do we regulate our emotions & behaviors?
- b) Goal-Directed Behavior—Can we plan our actions, complete tasks, & persist when things get tough, in order to complete/reach a goal?

3) Responsible Decision-Making:

- a) Decision-Making—How do we problem solve? Do we take responsibility for our actions? Do we use previous experiences to help us make better decisions in the future?
- b) Personal Responsibility—Are we reliable? Are we careful with how we act, what we say, how we make others feel? Do we take responsibility for our own actions and follow through? Can people count on us?

4) Relationship Skills:

- a) Kindness & Responsible Behavior in Relationships: Are we kind? Do we consider others’ feelings—i.e., are we empathetic? Do we apologize or take responsibility if we are unkind or lose our temper? How can we continue to make positive connections with others?

5) Social Awareness:

- a) Social Competency—Are we aware & respectful of others’ beliefs, understandings, religions, ideas, or lives? Do we use cooperation in social interactions? Are we tolerant of others whose

beliefs, religion, race, background, ideas, etc. are not in alignment with our own ideas, beliefs, etc.?

At CMASAS, we hope to work with families to help students learn to create healthy social emotional habits. We will set up numerous ways in which these competencies can be explored, taught, navigated, directed, and practiced by offering weekly homeroom, regional gatherings, weekly meetings with a student's PEC, school-wide assemblies, and offering grade-level (& staff supervised) appropriate chat/messaging boards in Teams 365.

If you ever feel as though your student/child is needing help with any of these five core competencies, please reach out to your student's PEC or our counseling department.

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Resources Used: CASEL <https://casel.org/fundamentals-of-sel/>