

WHAT IS SOCIAL EMOTIONAL LEARNING?

Social emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes and skills necessary to understand and manage emotions, set and achieve goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions.

For more information on SEL visit the [CASEL Website](#).

THE FIVE CORE SEL COMPETENCIES

1

SELF-AWARENESS

Self-awareness is our capacity to recognize our individual feelings and emotions as well as the ability to express them accurately and productively. For example, if we have a strong self-awareness we will easily be able to differentiate how we feel when we're stressed versus when we're angry.

2

SELF-MANAGEMENT

Self-management is our capacity to successfully manage and regulate our emotions, particularly difficult ones. For example, when we are stressed, do we use a particular set of management strategies or coping techniques? Do these strategies and techniques help to calm us down so that we can continue on with our days, or do we allow our stress to derail us?

3

SOCIAL AWARENESS

Social awareness is our capacity to appreciate the thoughts, feelings and perspectives of others. It's our ability to put ourselves "in someone else's shoes" and truly empathize with them. Social awareness also involves understanding and respecting social and ethical norms. When we build our ability to achieve these things we're able to form stronger connections with our communities.

4

RELATIONSHIP SKILLS

Relationship skills involve our capability to form and maintain relationships with others. This involves our ability to communicate, mediate disagreements, and work successfully in teams. It's important to keep in mind that these skills should lead to healthy, meaningful relationships rather than destructive ones.

5

RESPONSIBLE DECISION MAKING

Responsible decision making is our ability to make positive choices. When making choices you should be thinking about the consequences that your choices can have on both your personal life and on others. Responsible decisions require that you think about your personal beliefs as well as social and ethical norms.

