

Report Card: Social-Emotional Learning Core Competencies	CASEL: Social-Emotional Learning Core Competencies
Self Awareness	Self Awareness
Understands and communicates feelings and needs	Accurately assessing one's feelings, interests, values, and strengths
Willing to take risks as a learner	Maintaining a well-grounded sense of self confidence
	The ability to accurately recognize one's emotions and thoughts and their own behavior.
Self Management	Self Management
Practices verbal self control	Regulating one's emotions to handle stress, control impulses, and persevere in addressing challenges. Expressing emotions appropriately
Practices physical self-control	Regulating one's emotions to handle stress, control impulses, and persevere in addressing challenges. Expressing emotions appropriately
Demonstrates engagement in learning	Setting and monitoring progress toward personal and academic goals
Works independently	Motivating oneself
Social Awareness	Social Awareness
Recognizes the feelings of others	The ability to take the perspective of and empathize with others from diverse backgrounds and cultures
Follows expected routines and behaviors	Understands social and ethical norms for behavior and to recognize family, school, and community resources and supports
Relationship Skills	Relationship Skills
Actively works to establish and maintain healthy relationships	The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups.
	Communicates clearly, listens actively, cooperates , resists inappropriate social pressure, negotiates conflict constructively, seeks and offers help when needed
Responsible Decision Making	Responsible Decision Making
Makes appropriate choices about personal behavior	The ability to make constructive and respectful choices about personal behavior and social interactions based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others