

CASEL Framework	Intrapersonal		Interpersonal		Cognitive
	Self-Awareness	Self-Management	Relationship Skills	Social Awareness	Responsible Decision Making
<b>CASEL Leadership Competencies</b>	<ul style="list-style-type: none"> <li>➤ Identifying emotions</li> <li>➤ Understanding of personal and sociocultural identities</li> <li>➤ Recognizing strengths and cultural assets</li> <li>➤ Awareness of beliefs, mindsets, and biases</li> <li>➤ Self-confidence</li> <li>➤ Self-efficacy</li> </ul>	<ul style="list-style-type: none"> <li>➤ Agency</li> <li>➤ Stress management and coping skills</li> <li>➤ Self-discipline and impulse control</li> <li>➤ Self-motivation</li> <li>➤ Goal setting</li> <li>➤ Organizational skills</li> </ul>	<ul style="list-style-type: none"> <li>➤ Communication</li> <li>➤ Social engagement</li> <li>➤ Relationship building</li> <li>➤ Teamwork</li> <li>➤ Cultural competency</li> <li>➤ Collaborative problem solving</li> </ul>	<ul style="list-style-type: none"> <li>➤ Perspective-taking</li> <li>➤ Empathy</li> <li>➤ Appreciating diversity</li> <li>➤ Respect for others</li> <li>➤ Understanding social norms</li> <li>➤ Recognizing cultural demands and opportunities</li> <li>➤ Recognizing issues of inequity</li> </ul>	<ul style="list-style-type: none"> <li>➤ Identifying problems and inequities</li> <li>➤ Analyzing impact of individual and institutional decisions and actions</li> <li>➤ Co-creating inclusive solutions</li> <li>➤ Evaluating</li> <li>➤ Reflecting</li> <li>➤ Ethical responsibility</li> </ul>
<b>Corresponding Skills</b>	<p><i>Emotional Regulation Skills</i></p> <ul style="list-style-type: none"> <li>• Thinks rationally regardless of stressors</li> <li>• Manages emotions to accomplish tasks</li> <li>• Acts and reacts professionally</li> <li>• Applies knowledge and experience</li> <li>• Understands areas for further development</li> </ul>	<p><i>Focus and Persistence Skills</i></p> <ul style="list-style-type: none"> <li>• Completes tasks requiring sustained attention</li> <li>• Takes action to meet goals and deadlines</li> <li>• Establishes routines and operates in a logical sequence</li> <li>• Manages multiple responsibilities</li> <li>• Considers consequences of action or inaction</li> <li>• Practices self-care</li> </ul>	<p><i>Communication Skills</i></p> <ul style="list-style-type: none"> <li>• Understands spoken directions</li> <li>• Follows and engages in conversations</li> <li>• Effectively expresses gratitude, thoughts, needs, or concerns</li> <li>• Adjusts communications to a specific audience</li> <li>• Collaborates with others to accomplish goals</li> </ul>	<p><i>Social Skills</i></p> <ul style="list-style-type: none"> <li>• Attends to verbal/nonverbal cues</li> <li>• Engages in conversation with others</li> <li>• Reflects upon how his/her behavior may affect others</li> <li>• Values others' perspectives and seeks to understand differing experience</li> <li>• Acts in ways that convey respect for diversity</li> </ul>	<p><i>Logical Reasoning Skills</i></p> <ul style="list-style-type: none"> <li>• Accurately analyzes disparate data and information to identify root causes of problems</li> <li>• Thinks hypothetically and is able to envision different possibilities</li> <li>• Explores the need for improvements to rules, routines, strategies, or plans</li> <li>• Manages ambiguity with logic and grace</li> <li>• Demonstrates ethical responsibility through transparent decision-making</li> </ul>