

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