

Arizona

SEL Competencies & Equity Elaborations



SELF-AWARENESS: The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset." Key characteristics and skills include:

CASEL Framework	Equity Elaborations	In Focus Lessons
Identify and label one's feelings	Engaging in identity exploration and coming to a resolution regarding one's own identity	- Self Awareness - Celebrating My Strengths - Emotional Awareness
Relating feelings and thoughts to behavior	Examining the importance of both personal and collective identities	- Self Awareness - Celebrating My Strengths - Choices & Consequences - Emotional Regulation
Accurate self-assessment of strengths and challenges	Recognizing one's biases and deriving constructive meanings of social identities	- Self Awareness - Strengths of Others - Empathy - Respect for Others - Power of Words - Perspective Taking - Character Traits
Self-efficacy	Grounding in and affirming of cultural heritage(s)	- Self Awareness - Celebrating My Strengths - Growth Mindset - Self-Efficacy - Personal Excellence - Self-Compassion
Optimism	Recognizing how everything is interconnected in and across diverse contexts	- Celebrating My Strengths - Happiness - Gratitude - Growth Mindset - Resilience & Perseverance - Positive Peer Impact

SELF-MANAGEMENT: The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations—effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals. Key characteristics and skills include:

CASEL Framework	Equity Elaborations	In Focus Lessons
Regulating one's emotions	Coping with acculturative stress	• Maslow's Pyramid • Well-Being • Conditions of Well-Being • Self-Care & Hygiene • Nutrition • Exercise • Emotional Awareness • Emotional Regulation
Managing stress	Coping with discrimination/prejudice	• Managing Stress • Coping Strategies • Embracing Change • Navigating Uncertainty
Self-control	Developing a sense of agency and resiliency	• Mind & Body Drug Free • Respecting Personal Space • Power of Words • Choices & Consequences
Self-motivation	Addressing personal & group challenges to achieve self & collective goals	• Growth Mindset • Self-Efficacy • Personal Excellence • Lifelong Learning • Deep Learning • Organization • Executive Function • Test Preparation • Motivation • Leadership • Resilience & Perseverance • Making a Difference
Setting and achieving goals		• Goal Setting • Time Management • Organization • Executive Function • Feedback • Motivation

SOCIAL AWARENESS: The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports. Key characteristics and skills include:

CASEL Framework	Equity Elaborations	In Focus Lessons
Perspective taking	Engaging in perspective taking with people from different & similar backgrounds	• Strengths of Others • Connection • Empathy • Active Listening • Respect for Others • Conflict Resolution • Critical Thinking • Perspective Taking
Empathy	Discerning the importance of diversity (situational)	• Empathy • Respect for Others • Perspective Taking
Respect for diversity	Understanding the meaning of diversity in contexts (climate)	• Bully Prevention • Empathy • Respect for Others • Power of Words • Perspective Taking
Understanding social/ethical norms	Recognizing cultural demands & opportunities	• Kindness & Friendship • Communication • Respect for Others • Power of Words • Positive Peer Impact
Recognizing family, school and community supports	Understanding social norms for positive, constructive behavior across settings	• Connection • Kindness & Friendship • Power of Words

RELATIONSHIP SKILLS: The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed. Key characteristics and skills include:

CASEL Framework	Equity Elaborations	In Focus Lessons
Building relationships with diverse individuals and groups	Demonstrating cultural competence	• Connection • Strengths of Others • Kindness & Friendship • Empathy • Respect for Others
Communicating clearly	Leveraging cultural fluency	• Communication • Active Listening • Power of Words
Working cooperatively	Collective efficacy & working collaboratively	• Active Listening • Collaboration • Conflict Resolution • Leadership
Resolving conflicts	Promoting collective well-being and positive social behaviors	• Connection • Respect for Others • Collaboration • Conflict Resolution • Power of Words
Seeking help		• Connection • Kindness & Friendship • Communication • Active Listening • Conflict Resolution

RESPONSIBLE DECISION-MAKING: The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others. Key characteristics and skills include:

CASEL Framework	Equity Elaborations	In Focus Lessons
Identifying problems	Considering diversity salience and climate	• Physical Safety • Psychological Safety • Conflict Resolution • Choices & Consequences • Critical Thinking • Problem Solving • Executive Function • Making a Difference
Analyzing situations	Assessing the impact of beliefs and biases	• Critical Thinking • Perspective Taking
Solving problems	Pursuing co-created, inclusive, mutually beneficial solutions	• Collaboration • Conflict Resolution • Perspective Taking • Problem Solving • Leadership
Evaluating	Reflecting on the broader ethical consequences of one's decisions for intragroup, intergroup, and institutional relations	• Choices & Consequences • Honesty & Integrity • Responsibility • Civic Roles • Making a Difference
Reflecting		*All of our lessons encourage reflection through topic-specific reflection check-in prompts.
Ethical responsibility		• Choices & Consequences • Character Traits • Honesty & Integrity • Responsibility • Civic Roles • Making a Difference