

Framework for Systemic Social and Emotional Learning

Systemic SEL is promoted across multiple contexts every day. SEL is more than just a program or lesson. It is about how teaching and learning happens, as well as what you teach and where you learn. CASEL's widely used framework identifies five core competencies that when prioritized across settings – districts, schools, classrooms, families, and the wider community – can educate hearts, inspire minds, and help students navigate the world more effectively.

Self-awareness: Know your strengths and limitations, with a well-grounded sense of confidence, optimism, and a “growth mindset.”

Self-management: Effectively manage stress, control impulses, and motivate yourself to set and achieve goals.

Social awareness: Understand the perspectives of others and empathize with them, including those from diverse backgrounds and cultures.

Relationship skills: Communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

Responsible decision-making: Make constructive choices about personal behavior and social interactions based on ethical standards, safety, and social norms.

