

# Core Lessons Learning Standards

CASEL Competency	Learning Standard	Core Lesson Topic
------------------	-------------------	-------------------

## 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."

- Identifying problems
- Accurate self-perception
- Recognizing strengths
- Self-confidence
- Growth mindset

- I can control my attitude in a variety of situations.
- I can achieve a lot if I work for it.
- When I am faced with a challenge or obstacle, I can find resources or tools to help me succeed.
- I can express gratitude for the things I have and opportunities in my life.
- I can learn the names of all my classmates.
- I can think about what I want for my future and what it takes to get there.

- Attitude
- Expecting Greatness
- Facing Challenges
- Gratitude
- Valuing Names
- Vision

## 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.

- Stress management
- Self-discipline
- Self-motivation
- Goal setting
- Organizational skills

- When I am frustrated or feel like quitting, I can do what it takes to not give up.
- I can be honest, even if it is challenging at times.
- I can take responsibility when something goes wrong.
- When I am feeling stressed, I am able cope and calm down.
- I can set and achieve goals to help me be more successful.

- Grit
- Honesty
- Personal Responsibility
- Stress
- Success

## 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.

- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others

- I can get along with others, even if we have differences.
- I appreciate that everyone is different.
- I can be compassionate and understanding of what someone else is going through.
- I can refrain from gossip.
- I can be caring, generous, and considerate.
- I can include others.

- Appreciating Differences
- Diversity
- Empathy
- Gossip
- Including Others
- Kindness
- Social Awareness
- Understanding

# Core Lessons Learning Standards

CASEL Competency	Learning Standard	Core Lesson Topic
<b>RELATIONSHIP SKILLS</b>		
<p>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.</p> <ul style="list-style-type: none"> <li>• Communication</li> <li>• Social engagement</li> <li>• Relationship-building</li> <li>• Teamwork</li> </ul>	<ul style="list-style-type: none"> <li>• I can give and receive compliments from my classmates.</li> <li>• If someone has a different opinion than me, I can listen to their side of the story.</li> <li>• I can find common ground with others who seem different than me.</li> <li>• I can cooperate with others.</li> <li>• I can effectively communicate how I feel.</li> <li>• I can be a good friend.</li> <li>• I can use listening skills when talking to others.</li> <li>• I can treat all people with respect and dignity.</li> <li>• I can give and receive support from my classmates.</li> <li>• I can work on a team.</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Affirmations</li> <li><input type="radio"/> Conflict Management</li> <li><input type="radio"/> Common Ground</li> <li><input type="radio"/> Cooperation</li> <li><input type="radio"/> Effective Communication</li> <li><input type="radio"/> Friendship</li> <li><input type="radio"/> Listening</li> <li><input type="radio"/> Respect</li> <li><input type="radio"/> Support</li> <li><input type="radio"/> Teamwork</li> </ul>
<b>RESPONSIBLE DECISION-MAKING</b>		
<p>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.</p> <ul style="list-style-type: none"> <li>• Identifying/solving problems</li> <li>• Reflecting/evaluating</li> <li>• Ethical responsibility</li> </ul>	<ul style="list-style-type: none"> <li>• I can set goals for my future.</li> <li>• I feel I can control my habits.</li> <li>• I am hopeful for my future.</li> <li>• I can make good decisions for myself that impact my success now and in my future.</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Goal Setting</li> <li><input type="radio"/> Habits</li> <li><input type="radio"/> Optimism</li> <li><input type="radio"/> Responsible Decision Making</li> </ul>
<b>SCHOOL CONNECTION</b>		
	<ul style="list-style-type: none"> <li>• I feel like I belong at my school.</li> <li>• I feel accepted by my classmates.</li> <li>• I feel like there is at least one adult in school who cares about me.</li> <li>• I feel connected to my Core Lessons classmates and teacher.</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Belonging</li> <li><input type="radio"/> Influence &amp; Impact</li> <li><input type="radio"/> Getting Involved</li> <li><input type="radio"/> Making Connections I</li> <li><input type="radio"/> Making Connections II</li> <li><input type="radio"/> School Culture</li> </ul>

# Core Lessons Learning Standards

## CASEL Competency

## Learning Standard

## Core Lesson Topic

### 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."

- Identifying problems
- Accurate self-perception
- Recognizing strengths
- Self-confidence
- Growth mindset

- I can determine the things I value in life.
- I can do uncomfortable things and expand my comfort zone.
- I am able to practice having a growth mindset.
- I can do things to take care of my emotional health and well-being.
- I can manage the anxious thoughts I sometimes have.

- A Core Project Intro
- Expanding Comfort Zones
- Minding Mindsets
- Staying Well
- Pressure from the Inside
- Hidden Value 2
- Genuinely Genuine
- Mind Tricks
- Humility
- Courage to be Real
- Finding Inspiration
- The Worth of Your Word
- Complaint Free
- De-Stressing
- Having Peace
- Power of Thought
- Being Unshakable
- Mental Health
- Authentic Interviewing

### 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.

- Stress management
- Self-discipline
- Self-motivation
- Goal setting
- Organizational skills

- I am capable of learning new things from others.
- I am able to speak positive words to myself and others.
- I am able to cope in stressful situations.
- I am able to manage my emotions.
- I am able to make a plan to set goals.
- I can manage my time and use it wisely.

- Teachability
- Speak Life
- Pressure from the Outside
- Managing Emotions
- Goal Setting I
- Goal Setting II
- Valuing Time
- Victims & Victors
- Bouncing Back
- Being Present
- Feeling of Accomplishment
- Staying Ready
- Rolling with the Punches
- Employability
- A Job Well Done
- Asking for Help
- Choosing Your Attitude
- Self-Care
- Cool & Collected
- Shaping Character
- Shifting Mentalities
- Loosen Up
- Happiness Equation
- Self-Starter
- Time Management
- Leadership & Influence

# Core Lessons Learning Standards

## CASEL Competency      Learning Standard      Core Lesson Topic

### 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.

- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others

- I can build relationships with my peers and teachers by showing respect for others.

- Class Agreement
- Doing Good
- Cultivating Gratitude
- Hidden Value 1
- Fairness and Justice
- The Social Exchange
- Who We Are
- Belonging
- Negotiations

### 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.

- Communication
- Social engagement
- Relationship-building
- Teamwork

- I can be a part of creating a positive school community.
- I can listen to other opinions even if I do not agree.
- I can give a sincere apology.

- School as Community
- Disagreeing Agreeably
- Apologizing & Forgiveness
- Generating Generosity
- Receiving Compliments
- Giving Compliments
- Building Bridges
- Great Team Players
- Finding Humanity
- Listening Skills
- Giving Help
- Making Peace
- Rising Above
- Feedback

### 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.

- Identifying/solving problems
- Reflecting/evaluating
- Ethical responsibility

- I can turn a negative attitude into a positive one.
- I can see the importance of making good choices now so my future will have a good outcome.
- I can take responsibility for the outcomes in my life.
- When faced with a difficult task or challenge, I can work hard to accomplish it.

- Choosing Attitudes
- Big Picture Thinking
- Freedom & Responsibility
- Challenge by Choice
- Critical Thinking
- Setting Boundaries
- Self-Efficacy
- Effective Decision Making
- Building Better Habits
- Prioritizing
- Envisioning the Future
- Reset Button