

Crosswalk of College & Career Success Learning Outcomes to CASEL Core SEL (Social Emotional Learning) Competencies

CASEL Core SEL		College & Career Success		
Competency	Facet	Chapter	Pages	Learning Outcome
Self-Awareness	Identifying emotions	3. Exploring Multiple Intelligences, Interests, and Values	5: Exploring Multiple Intelligences	Use emotional intelligence to increase college, career, and lifelong success.
	Accurate self-perception	2. Exploring Your Personality and Major	3 to 8: Exploring personal strengths	Choose a major based on your personal strengths, interests, and values.
		3. Exploring Multiple Intelligences, Interests, and Values	2 to 5: Exploring Multiple Intelligences	
			7 to 8: Exploring Interests	
	Recognizing strengths	2. Exploring Your Personality and Major	AchieveWORKS Personality Assessment	Assess personality, multiple intelligences, interests and values to identify personal strengths and challenges.
			AchieveWORKS Intelligences Assessment	
		3. Exploring Multiple Intelligences, Interests, and Values	7: The Interest Profiler 11: Values Checklist	
	Self-confidence	1. Understanding Motivation	5 to 10: Mindset, positive thinking, motivation, locus of control	Students will examine motivational strategies and apply them to their success in college, careers, and life.
	Self-efficacy	1. Understanding Motivation	5 to 10: Mindset, positive thinking, motivation, locus of control	Students will take responsibility for creating their own success.
		7. Using Brain Science to Improve Study Skills	12: Create Your Success	

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Self-Management	Impulse control	1. Understanding Motivation	5 to 10: Mindset, positive thinking, motivation, locus of control	Students will practice motivational techniques to create their success. Students will set goals and manage time and money to accomplish them.		
		5. Managing Time and Money	2 to 16: Lifetime goals, time and money management	Students will increase awareness of health habits that affect longevity. Health habits include nutrition, exercise, avoiding addictions, getting enough sleep, and dealing with stress.		
		12. Maintaining a Healthy Lifestyle	2 to 19: Maintaining health 12: Sexual assault			
	Stress management	12. Maintaining a Healthy Lifestyle	16 to 17: Stress and Relaxation	18: Making Positive Changes	Understand the causes of stress and practice relaxation techniques.	
			1. Understanding Motivation			5 to 10: Mindset, positive thinking, motivation, locus of control
	Self-discipline	1. Understanding Motivation	5 to 10: Mindset, positive thinking, motivation, locus of control	Learn motivation techniques for success in college, careers, and life.		
	Self-motivation	1. Understanding Motivation	5 to 10: Mindset, positive thinking, motivation, locus of control	Write short-term, intermediate and long-term goals for the future.		
	Goal-setting	5. Managing Time and Money	2 to 3: Lifetime Goals	Students will make an educational plan that matches their career goals. Students will practice the skills necessary to find employment.		
	Organizational skills	4. Planning Your Career and Education	9: Planning Your Education		10: Your Resume 13: The Job Interview	
			5. Managing Time and Money	5 to 6: Scheduling your time 8 to 10: Time management		Students will learn time management skills to accomplish lifetime goals.
			6. Using Brain Science to Improve Memory	2 to 8: Research based memory strategies		Students will practice research based memory techniques.
		7. Using Brain Science to Improve Study Skills	2 to 8: Reading, study skills, e-learning, textbook marking, math success	Students will practice research-based memory techniques.		
		8. Taking Notes, Writing, and Speaking	2 to 15: Listening to a college lecture, taking notes, writing, and public speaking	Students will practice research based reading and study skills for college success.		

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Self-Management continued	Organizational skills	9. Test Taking	2 to 17: Test preparation, test anxiety, math anxiety, test taking strategies	Students will practice effective strategies for success on exams.
Responsible Decision-Making	Identifying problems	3. Exploring Multiple Intelligences, Interests, and Values	12: Making Good Decisions	Practice the steps in making good decisions, including career decisions.
			13: Making a Planful Decision	
	Analyzing situations	3. Exploring Multiple Intelligences, Interests, and Values	12: Making Good Decisions	Practice the steps in making good decisions, including career decisions.
			13: Making a Planful Decision	
	Solving problems	1. Understanding Motivation	4: Choosing a Major and Career	Practice the steps in making good decisions, including career decisions.
	Evaluating	11. Thinking Critically and Creatively	2: What is Critical Thinking?	Students will identify fallacies in reasoning, levels of moral reasoning, and creative thinking techniques, and apply these thinking techniques to practical situations.
3 to 7: Fallacies in Reasoning				
Reflecting	11. Thinking Critically and Creatively	7 to 10: Critical Thinking	Students will practice critical thinking techniques.	
Ethical responsibility	11. Thinking Critically and Creatively	11: What is Moral Reasoning?	Students will apply moral reasoning to practical situations.	
Relationship Skills	Communication	10. Communication and Relationships	2 to 12: Communication style, problems in communication, techniques for good listening, communication in a crisis	Students will analyze their communication style based on their personality type and practice effective communication techniques which can be used to improve personal and professional relationships.
	Social engagement	10. Communication and Relationships	7: Communication for Success	Students will analyze their communication style based on their personality type and practice effective communication techniques which can be used to improve personal and professional relationships.
	Relationship-building	10. Communication and Relationships	15: Friendships	Students will analyze their communication style based on their personality type and practice effective communication techniques which can be used to improve personal and professional relationships.
			16: Living with Others	
Teamwork	10. Communication and Relationships	10: The Language of Responsibility	Students will analyze their communication style based on their personality type and practice effective communication techniques which can be used to improve personal and professional relationships.	
		14: Conflict Management		

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Social Awareness	Perspective-taking	13. Appreciating Diversity	8: Communicating Across Cultures	Students will increase their appreciation of diversity in college, on the job and in their personal lives.
	Empathy	13. Appreciating Diversity	10: How Can I Gain an Appreciation for Diversity?	Students will increase their appreciation of diversity in college, on the job and in their personal lives.
	Appreciating diversity	13. Appreciating Diversity	3: Why is Diversity Important?	Students will increase their appreciation of diversity in college, on the job and in their personal lives.
			4: Vocabulary for Understanding Diversity	
			5: Understanding Diversity	
			7: What Does Biology Reveal about Diversity?	
	Respect for others	13. Appreciating Diversity	9: Myths and Facts about Sexual Orientation	Students will increase their appreciation of diversity in college, on the job and in their personal lives.
11: Ethical Development				
		13: Perspectives on Diversity		



For more information about CASEL Core SEL Competencies Standards please visit <https://casel.org/core-competencies/>



For more information on CollegeScope visit www.humanesources.com/ps/ccs/