

# CASEL Competencies & Portrait Competencies





## CREATIVE THINKERS AND PROBLEM SOLVERS

**Self-awareness**-What strengths can I bring to this problem?

**Relationships skills**-How do I work with others? How do I respond to the ideas of others? How do I share my own ideas?

**Self management**-Can I handle it if I try out a solution but it doesn't work?

**Responsible decision making**-Can I think flexibly about this problem? Can I think about how the solution will affect others?

**Social awareness**-Can I recognize problems that others are facing?



## COMMUNICATORS AND COLLABORATORS

**Self-awareness**-How do I communicate best?  
What role do I like to take in a group?

**Relationships skills**-How do I work with others?  
Can I understand how others in the group may be feeling?

**Self management**-Can I handle it if someone doesn't accept or like my ideas? Can I follow the group plan?

**Responsible decision making**-Can I accept the ideas of others? Can I work with others to solve a problem/create something?

**Social awareness**-Am I aware of how my behaviors may impact others?



## SOCIALLY & CULTURALLY RESPONSIVE CONTRIBUTORS

**Self-awareness**-What are the parts of my identity?

**Relationships skills**-How do I consider the thoughts and feelings of others around me?

**Self management**-How do I respond to problems?

**Responsible decision making**-How can I be an ally? Can I speak up when observing hurtful or unjust behavior?

**Social awareness**-Am I aware of injustice in our history? Am I aware of injustice and oppression that still exists?

## RESPONSIBLE AND RESILIENT INDIVIDUALS



**Self-awareness**-What are my strengths? What are my challenges?

**Relationships skills**-How do I consider the thoughts and feelings of others around me?

**Self management**-How do I handle it when I have to do something hard? Do I know how to ask for help?

**Responsible decision making**-What strategies can I use when I am faced with a challenge? How do I persevere through a hard task?

**Social awareness**-Do I understand that everyone has challenges? Can I see that problems come in different sizes?

## EMPOWERED LEARNERS



**Self-awareness**-Do I know how I learn best?  
What is my learning style?

**Relationships skills**-Can I work with others well?  
What skills do I need to work on?

**Self management**-What strategies keep me regulated and in the "green zone"?

**Responsible decision making**-Can I advocate for myself? Can I think of multiple ways to solve a problem?

**Social awareness**-Do I understand that what I am working on now will help me in the future? Can I see the purpose in the learning I am engaging in now?