

# Personal Development

# CASEL Alignment

		CASEL Competencies				
Unit	Purpose Prep Topic (Lessons)	SELF-AWARENESS	SELF-MANAGEMENT	SOCIAL AWARENESS	RELATIONSHIP SKILLS	RESPONSIBLE DECISION MAKING
1	Mentorship (Lessons 1–4)	✓		✓		
	Past & Future (Lessons 5–8)	✓				✓
	A Satisfied Life (Lessons 9–12)	✓	✓			
	Be Yourself (Lessons 13–16)	✓	✓			
2	Where Are You Headed? (Lessons 17–20)	✓				✓
	Are You Unique? (Lessons 21–23)	✓				✓
	Opportunity (Lessons 24–26)	✓	✓			✓
	Dreaming (Lessons 27–30)	✓	✓			
3	Map Your Future (Lessons 31–34)			✓		✓
	People & Problems (Lessons 35–37)	✓			✓	✓
	Focus & Success (Lessons 38–39)	✓		✓		✓
	From Learning to Earning (Lessons 40–43)	✓	✓			✓
4	Value (Lessons 44–46)	✓		✓	✓	
	Who's in Control? (Lessons 47–49)	✓				✓
	Needs & Limits (Lessons 50–52)			✓	✓	
	Don't Stay Silent (Lessons 53–55)		✓			✓
5	Mental Health (Lessons 56–57)	✓	✓			
	Physical Health (Lessons 58–60)	✓	✓			✓
	Social/Emotional Health (Lessons 61–63)	✓	✓			✓
	Growth Mindset (Lessons 64–66)		✓			✓
6	Relationships (Lessons 67–70)			✓	✓	
	Belonging (Lessons 71–74)			✓	✓	
	Vulnerability (Lessons 75–77)			✓	✓	
	Safety (Lessons 78–80)			✓	✓	

