

# Unlock Your Purpose

# CASEL Alignment

|      |                          | CASEL Competencies |                 |                  |                     |                             |
|------|--------------------------|--------------------|-----------------|------------------|---------------------|-----------------------------|
| Unit | Purpose Prep Lessons     | SELF-AWARENESS     | SELF-MANAGEMENT | SOCIAL AWARENESS | RELATIONSHIP SKILLS | RESPONSIBLE DECISION MAKING |
| 1    | Map Your Future          |                    |                 | ✓                |                     | ✓                           |
|      | People and Problems      | ✓                  |                 |                  | ✓                   | ✓                           |
|      | Focus and Success        | ✓                  |                 | ✓                |                     | ✓                           |
|      | From Learning to Earning | ✓                  | ✓               |                  |                     | ✓                           |
| 2    | Giving is Getting        | ✓                  | ✓               |                  |                     |                             |
|      | Reasonable Response      | ✓                  |                 |                  | ✓                   |                             |
|      | Make a Difference        |                    |                 | ✓                | ✓                   |                             |
|      | Be the Change            | ✓                  |                 |                  | ✓                   |                             |
| 3    | Frame Your World         | ✓                  | ✓               |                  |                     |                             |
|      | Positive and Negative    | ✓                  |                 |                  |                     | ✓                           |
|      | Silence and Questions    |                    | ✓               |                  | ✓                   |                             |
|      | Warping Reality          | ✓                  | ✓               |                  |                     | ✓                           |
| 4    | Relationships            |                    |                 | ✓                | ✓                   |                             |
|      | Belonging                |                    |                 | ✓                | ✓                   |                             |
|      | Vulnerability            |                    |                 | ✓                | ✓                   |                             |
|      | Safety                   |                    |                 | ✓                | ✓                   |                             |