

# Social and Emotional Success

# CASEL Alignment

		CASEL Competencies				
Unit	Purpose Prep Lessons	SELF-AWARENESS	SELF-MANAGEMENT	SOCIAL AWARENESS	RELATIONSHIP SKILLS	RESPONSIBLE DECISION MAKING
1	Choosing Purpose	✓	✓			
	Social Skills			✓	✓	
	Healthy Relationships			✓	✓	
	Successful Decision-Making		✓			✓
2	Engineering Consciousness	✓				✓
	Mindfulness Practices and Principles	✓		✓		
	Healthy Communication		✓		✓	
	Knowing Yourself	✓	✓			
3	Making Powerful Decisions		✓			✓
	Crisis Management	✓	✓			✓
	Pain to Purpose	✓	✓	✓		✓
	Dealing with Trauma	✓	✓			✓
4	Introduction to Substance Abuse	✓	✓	✓	✓	✓
	Intervention Can Help You	✓	✓			✓
	Social and Self-Awareness Skills	✓	✓	✓	✓	✓
	Coping Strategies		✓	✓		✓