



ALIGNMENT CHART

CASEL Core Social-Emotional Learning Competencies

■ **Second Step® Middle School**

This diagram illustrates how elements in Second Step Middle School align with the Collaborative for Academic, Social, and Emotional Learning (CASEL) core social-emotional learning (SEL) competencies.

Self-Management

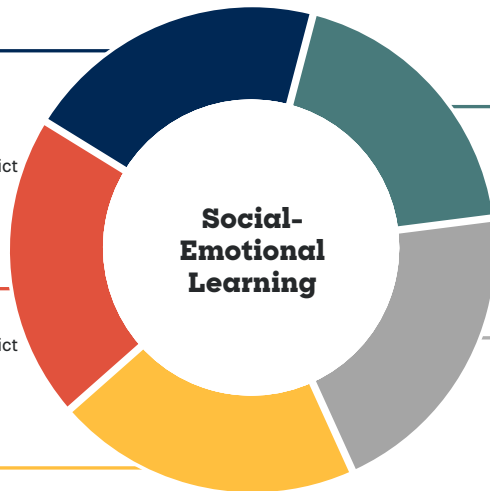
- Unit 1: Mindsets & Goals
- Unit 2: Developing a Positive Sense of Self
- Unit 3: Thoughts, Emotions & Decisions
- Unit 4: Managing Relationships & Social Conflict
- Advisory Activities

Social Awareness

- Unit 2: Developing a Positive Sense of Self
- Unit 4: Managing Relationships & Social Conflict
- Advisory Activities

Relationship Skills

- Unit 2: Developing a Positive Sense of Self
- Unit 4: Managing Relationships & Social Conflict
- Advisory Activities



Self-Awareness

- Unit 1: Mindsets & Goals
- Unit 2: Developing a Positive Sense of Self
- Unit 3: Thoughts, Emotions & Decisions
- Unit 4: Managing Relationships & Social Conflict
- Advisory Activities

Responsible Decision-Making

- Unit 1: Mindsets & Goals
- Unit 2: Developing a Positive Sense of Self
- Unit 3: Thoughts, Emotions & Decisions
- Unit 4: Managing Relationships & Social Conflict
- Advisory Activities

What Is CASEL?

CASEL is the nation's leading organization advancing the development of academic, social, and emotional competence for all students. Its mission is to help make evidence-based social-emotional learning an integral part of education from preschool through high school. To that end, CASEL has identified five interrelated SEL core competencies: self-management, self-awareness, social awareness, relationship skills, and responsible decision-making.

What Is Second Step® Middle School?

Second Step Middle School is a universal, classroom-based program designed to increase students' school success by promoting social-emotional competence. The research-based program helps early adolescents cope with challenges, create positive relationships, and develop the critical thinking skills they need to succeed socially and academically. Lessons equip students with the mindsets, knowledge, and skills to handle strong emotions, make and follow through on good decisions, and show empathy and respect for others.



What Is Second Step® Middle School? (continued)

Committee for Children, the maker of Second Step® programs, believes SEL can help children and adults navigate differences, appreciate one another's perspectives, and act with empathy and compassion in their day-to-day lives. Committee for Children also believes SEL can be leveraged to speak to children's cultural assets, help educators examine their policies and practices through an equity lens, and elevate the voices of those who have historically been silenced. Accordingly, Second Step Middle School works in various ways to achieve what CASEL has termed "transformative SEL": SEL that builds relationships, values differences, and addresses systemic inequities and community issues.

Student voice is elevated throughout Second Step Middle School lessons in the following ways:

- Activities that support autonomy and provide students with meaningful choices
- Real-world application of content to students' lives
- Opportunities for students to share their knowledge, ideas, opinions, and diverse experiences and build connections

To support students' identity development, Second Step Middle School provides opportunities to:

- Identify their personal strengths and interests
- Explore values and guiding principles
- Apply guiding principles in responsible decision-making
- Discuss unique aspects of their identity
- Learn and apply practical strategies to build confidence and sense of agency
- Honor and understand others' differences based on their varied personal experiences
- Share aspects of their personal, familial, and cultural experiences

Second Step Middle School supports teachers in creating a positive classroom climate and supports students' **sense of school connectedness and belonging** by helping students feel accepted, known, and valued through community-building classroom interactions. These interactions are prompted by lessons as well as by optional Class Meetings and Class Challenges. They help teachers capitalize on students' varied strengths, learn more about their students' lives, demonstrate caring and respect, validate students' experiences, support peer collaboration, and honor students' identities outside the classroom. Efforts to increase a sense of community are reinforced by content throughout the program that requires students to:

- Analyze their school community and apply acquired social-emotional knowledge, skills, and strategies to advocate for positive changes
- Consider varied perspectives in conflicts, make responsible decisions, and propose solutions that meet the needs of everyone involved



Grade 6

CASEL Core Social-Emotional Learning Competencies

Second Step® Middle School

	Unit 1: Mindsets & Goals							Unit 2: Developing a Positive Sense of Self						Unit 3: Thoughts, Emotions & Decisions					Unit 4: Managing Relationships & Social Conflict								
	Lesson 1A: Starting Middle School	Lesson 1B: Helping New Students	Lesson 2: How to Grow Your Brain	Lesson 3: Trying New Strategies	Lesson 4: Making Goals Specific	Lesson 5: Breaking Down Your Goals	Lesson 6: Monitoring Your Progress	Lesson 7: Performance Task: Bringing It All Together	Lesson 8: What Are Guiding Principles?	Lesson 9: Your Guiding Principles	Lesson 10: Making Decisions	Lesson 11: Multiple Guiding Principles	Lesson 12: Thinking Short-Term and Long-Term	Lesson 13: Using Your Guiding Principles	Lesson 14: What Emotions Tell You	Lesson 15: Emotions and Your Brain	Lesson 16: How Emotions Affect Your Decisions	Lesson 17: Managing Your Emotions	Lesson 18: What Works Best for You?	Lesson 19: Performance Task: Raising Awareness About Managing Emotions	Lesson 20: You're Changing	Lesson 21: Why Conflicts Escalate	Lesson 22: Considering Multiple Perspectives	Lesson 23: Respectful Communication	Lesson 24: Resolving Challenging Conflicts	Lesson 25: Making Amends	Lesson 26: Performance Task: Conflict Solvers
CASEL Competencies																											
Self-Awareness	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Self-Management		✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓		✓	✓	✓	✓	✓			✓	✓	✓	✓	✓
Social Awareness		✓							✓		✓	✓			✓				✓		✓	✓	✓	✓	✓	✓	✓
Relationship Skills		✓							✓	✓	✓	✓	✓				✓				✓	✓	✓	✓	✓	✓	✓
Responsible Decision-Making	✓	✓	✓	✓	✓	✓	✓	✓			✓		✓	✓	✓	✓			✓	✓		✓	✓	✓	✓	✓	✓



Grade 7

CASEL Core Social-Emotional Learning Competencies

Second Step® Middle School

	Unit 1: Mindsets & Goals								Unit 2: Developing a Positive Sense of Self						Unit 3: Thoughts, Emotions & Decisions						Unit 4: Managing Relationships & Social Conflict							
	Lesson 1A: Starting Middle School	Lesson 1B: Helping New Students	Lesson 2: Creating New Pathways in Your Brain	Lesson 3: Learning from Mistakes and Failure	Lesson 4: Identifying Roadblocks	Lesson 5: Overcoming Roadblocks 1	Lesson 6: Overcoming Roadblocks 2	Lesson 7: Performance Task: Advice on Roadblocks	Lesson 8: What Is Self-Concept?	Lesson 9: Your Self-Concept	Lesson 10: Influences on Self-Concept	Lesson 11: Changes in Self-Concept	Lesson 12: Your Future Self-Concept	Lesson 13: Who Will You Become?	Lesson 14: Emotions Matter	Lesson 15: Feel, Think, Do	Lesson 16: Unhelpful Thoughts	Lesson 17: Reframe the Situation	Lesson 18: Practicing Positive Self-Talk	Lesson 19: Performance Task: Making Better Decisions	Lesson 20: What Makes a Conflict Escalate?	Lesson 21: Keeping Your Cool in a Conflict	Lesson 22: Conflicts and Perspectives	Lesson 23: Resolving Conflict Part 1	Lesson 24: Resolving Conflict Part 2	Lesson 25: Taking Responsibility for Your Actions	Lesson 26: Performance Task: Tips for Resolving Conflicts	
CASEL Competencies																												
Self-Awareness	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓								
Self-Management	✓	✓	✓	✓	✓	✓	✓	✓					✓	✓	✓	✓	✓	✓	✓	✓		✓					✓	✓
Social Awareness	✓	✓									✓					✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Relationship Skills		✓							✓	✓	✓	✓	✓	✓		✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Responsible Decision-Making	✓	✓	✓	✓		✓	✓	✓							✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



Grade 8

CASEL Core Social-Emotional Learning Competencies

Second Step® Middle School

	Unit 1: Mindsets & Goals							Unit 2: Developing a Positive Sense of Self						Unit 3: Thoughts, Emotions & Decisions					Unit 4: Managing Relationships & Social Conflict								
	Lesson 1: Welcome!	Lesson 2: Who Am I? My Identity	Lesson 3: My Interests and Strengths	Lesson 4: Harnessing My Strengths	Lesson 5: Pursuing My Interests	Lesson 6: My Future Self	Lesson 7: Performance Task: My Path Forward	Lesson 8: Agency	Lesson 9: Sources of Confidence	Lesson 10: How to Build Confidence 1	Lesson 11: How to Build Confidence 2	Lesson 12: Agency and Confidence	Lesson 13: Your Confidence-Building Plan	Lesson 14: Understanding Stress and Anxiety	Lesson 15: Where Does Stress Come From?	Lesson 16: Can Stress Help You Grow?	Lesson 17: Strategies for Managing Stress	Lesson 18: Changing Strategies and Getting Help	Lesson 19: Performance Task: My Stress-Management Plan	Lesson 20: My Values	Lesson 21: Values and Relationships	Lesson 22: Recognizing Others' Perspectives	Lesson 23: Finding the Best Solution	Lesson 24: Making Things Right	Lesson 25: Unhealthy Relationships	Lesson 26: Performance Task: Guide to Healthy Relationships	Lesson 27: High School Challenges
CASEL Competencies																											
Self-Awareness	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Self-Management	✓		✓	✓	✓	✓	✓					✓	✓			✓	✓	✓	✓						✓		✓
Social Awareness	✓				✓		✓						✓							✓	✓	✓	✓	✓	✓	✓	✓
Relationship Skills								✓	✓	✓	✓	✓									✓	✓	✓	✓	✓	✓	✓
Responsible Decision-Making	✓		✓	✓	✓	✓	✓										✓	✓	✓	✓		✓	✓	✓	✓	✓	✓