

**ALIGNMENT CHART
CASEL CORE SEL COMPETENCIES**

Second Step® SEL for Adults

This diagram illustrates how elements in Second Step® SEL for Adults align with the Collaborative for Academic, Social, and Emotional Learning (CASEL) core social-emotional learning (SEL) competencies. All CASEL core competencies are addressed and woven throughout the modules and elements of Second Step SEL for Adults to fully support educators' well-being.

Self-Management

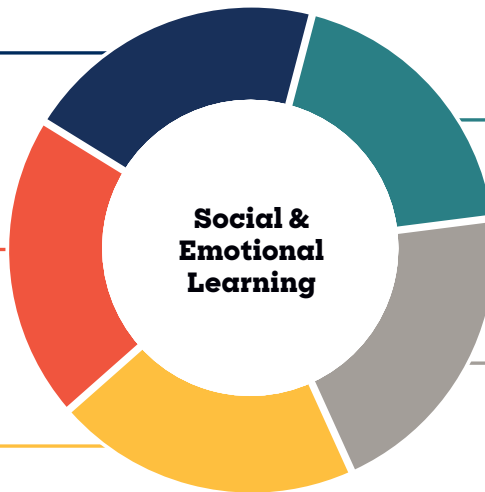
- Building Trust
- Managing Stress
- Advancing Equity
- Building Efficacy

Social Awareness

- Building Trust
- Managing Stress
- Advancing Equity
- Building Efficacy

Relationship Skills

- Building Trust
- Managing Stress
- Advancing Equity
- Building Efficacy



Self-Awareness

- Building Trust
- Managing Stress
- Advancing Equity
- Building Efficacy

Responsible Decision-Making

- Building Trust
- Managing Stress
- Advancing Equity
- Building Efficacy

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 SEL 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® SEL for Adults?

Second Step SEL for Adults is a research-based, stand-alone SEL program designed to help K-12 leadership and staff strengthen their social-emotional skills. The modules in Second Step SEL for Adults prioritize educator well-being and help build a positive and supportive school climate.



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How Does Second Step® SEL for Adults Develop Core SEL Competencies?

The following table outlines some of the key capacities listed in the revised 2020 CASEL framework and developed through Second Step SEL for Adults modules.

Second Step® SEL for Adults Module	Key Capacities Developed	CASEL Core SEL Competencies
Building Trust	<ul style="list-style-type: none"> • Demonstrating honesty and integrity • Showing the courage to take initiative • Taking others' perspectives • Recognizing strengths in others • Demonstrating empathy and compassion • Showing concern for the feelings of others 	<ul style="list-style-type: none"> • Self-Awareness • Self-Management • Social Awareness • Relationship Skills • Responsible Decision-Making
Managing Stress	<ul style="list-style-type: none"> • Linking feelings, values, and thoughts • Identifying one's emotions • Managing one's emotions • Identifying and using stress-management strategies • Taking others' perspectives • Demonstrating empathy and compassion • Showing concern for the feelings of others • Understanding and expressing gratitude • Communicating effectively • Resolving conflicts constructively • Seeking or offering support and help when needed • Practicing teamwork and collaborative problem-solving • Identifying solutions for personal and social problems • Anticipating and evaluating the consequences of one's actions • Reflecting on one's role to promote personal, family, and community well-being 	<ul style="list-style-type: none"> • Self-Awareness • Self-Management • Social Awareness • Relationship Skills • Responsible Decision-Making
Advancing Equity	<ul style="list-style-type: none"> • Examining prejudices and biases • Identifying personal, cultural, and linguistic assets • Showing the courage to take initiative • Taking others' perspectives • Recognizing strengths in others • Showing concern for the feelings of others • Identifying diverse social norms, including unjust ones • Understanding the influences of organizations and systems on behavior • Communicating effectively 	<ul style="list-style-type: none"> • Self-Awareness • Self-Management • Social Awareness • Relationship Skills • Responsible Decision-Making

How Does Second Step® SEL for Adults Develop Core SEL Competencies? (continued)

Second Step® SEL for Adults Module	Key Capacities Developed	CASEL Core SEL Competencies
Advancing Equity (continued)	<ul style="list-style-type: none"> • Developing positive relationships • Demonstrating cultural competency • Standing up for the rights of others • Practicing teamwork and collaborative problem-solving • Demonstrating curiosity and open-mindedness • Identifying solutions for personal and social problems • Anticipating and evaluating the consequences of one's actions • Evaluating personal, interpersonal, community, and institutional impacts 	<ul style="list-style-type: none"> • Self-Awareness • Self-Management • Social Awareness • Relationship Skills • Responsible Decision-Making
Building Efficacy	<ul style="list-style-type: none"> • Experiencing self-efficacy • Having a growth mindset • Setting personal and collective goals • Using planning and organizational skills • Showing the courage to take initiative • Demonstrating personal and collective agency • Taking others' perspectives • Recognizing strengths in others • Recognizing situational demands and opportunities • Communicating effectively • Developing positive relationships • Practicing teamwork and collaborative problem-solving • Demonstrating curiosity and open-mindedness • Identifying solutions for personal and social problems 	<ul style="list-style-type: none"> • Self-Awareness • Self-Management • Social Awareness • Relationship Skills • Responsible Decision-Making



The Second Step® family of programs, rooted in social-emotional learning (SEL), helps transform schools into supportive, successful learning environments uniquely equipped to help children thrive.

By offering research-based SEL curricula for early learning through middle school, out-of-school time environments, and adult educators—in combination with the Second Step® Bullying Prevention Unit and Second Step® Child Protection Unit—we've formed an integrated, comprehensive program that makes a difference. It's a difference you can feel the moment you open the doors to a Second Step school—a sense of safety and respect grounded in the social-emotional health and well-being of the entire school community.

Learn more at SecondStep.org or call us at 1-800-634-4449, ext. 1.