



ALIGNMENT CHART

Collaborative for Academic, Social, and Emotional Learning (CASEL) Core SEL Competencies

■ Second Step® SEL for Adults

About 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.

How the Program Meets the CASEL Core SEL Competencies

The following tables indicate which specific Second Step SEL for Adults modules and related materials can help K-12 leadership and staff develop the knowledge, skills, and attitudes needed to meet the CASEL Core SEL Competencies.

Boxes are checked to indicate that the Second Step SEL for Adults program meets a given competency within the identified module when K-12 leadership and staff have clear opportunities to actively process the knowledge or practice the skills described in the topic through discussion, writing, or other related activities.



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Second Step[®]
SEL for Adults

Module 1: Building Trust

Collaborative for Academic, Social,
and Emotional Learning (CASEL) Core
SEL Competencies

Second Step[®] SEL for Adults

Competency	Key Capacities Developed					
	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
Self-Awareness	✓	✓	✓		✓	
Self-Management	✓	✓	✓		✓	
Social Awareness	✓		✓	✓	✓	✓
Relationship Skills	✓		✓	✓	✓	✓
Responsible Decision-Making	✓	✓	✓		✓	



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Module 2: Managing Stress

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SEL Competencies

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Competency	Key Capacities Developed														
	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
Self-Awareness	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Self-Management			✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓
Social Awareness					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Relationship Skills					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Responsible Decision-Making					✓	✓			✓	✓	✓	✓	✓	✓	✓



Module 3: Equity & Belonging

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Competency	Key Capacities Developed																
	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	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
Self-Awareness	✓	✓	✓	✓			✓	✓	✓			✓	✓	✓	✓	✓	✓
Self-Management			✓	✓				✓	✓	✓		✓	✓	✓	✓	✓	✓
Social Awareness	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Relationship Skills				✓	✓	✓		✓	✓	✓		✓	✓	✓	✓	✓	✓
Responsible Decision-Making			✓	✓				✓	✓	✓		✓	✓	✓	✓	✓	✓



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Module 4: Resilience & Efficacy

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Competency	Key Capacities Developed													
	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
Self-Awareness	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓
Self-Management	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓
Social Awareness	✓		✓			✓	✓	✓	✓	✓	✓	✓	✓	✓
Relationship Skills	✓		✓			✓	✓	✓	✓	✓	✓	✓	✓	✓
Responsible Decision-Making	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓		✓



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