

Alignment with Social Emotional Competencies

EMOTIONAL DEVELOPMENT (6th Grade – Adult)					
Understand and manage one’s emotions					
	DESSA Competency	CASEL Domain	6th-8th	9th-10th	11th-Adult
1	Self-Awareness Social-Awareness	Self-Awareness	Learners will be able to recognize and label a variety of complex graded emotions in self and others.	Learners will be able to recognize and label a variety of graded emotions in self and others as they occur and evolve over time.	Learners will be able to identify how the process of recognizing and labeling emotions informs thinking and influences relationships.
2	Self-Awareness Self-Management Social-Awareness	Self-Management	Learners will be able to express their emotions in an appropriate and respectful manner using a variety of modalities (e.g., verbal and nonverbal).	Learners will be able to express their emotions in an appropriate and respectful manner in different environments, with different audiences, using a variety of modalities (e.g., verbal and nonverbal).	Learners will be able to understand and explain how their expression of emotions can influence how others respond to them.
3	Self-Awareness Self-Management	Self-Management	Learners will be able to identify what triggers a strong emotion and apply an appropriate calming or coping strategy to defuse the emotional trigger.	Learners will be able to consistently use appropriate calming and coping strategies when dealing with strong emotions.	Learners will be able to predict situations that will cause strong emotions, and plan and prepare to manage those emotions.
4	Self-Management Goal-Directed Behavior	Focus Attention	Learners will be able to independently use organizational skills and strategies to focus attention in order to work toward short-term personal and academic goals.	Learners will be able to independently use organizational skills and strategies to focus attention by working toward long-term personal and academic goals.	Learners will employ focusing skills independently and understand their importance in achieving important goals in times of adversity.
5	Social Awareness Relationship Skills	Social Awareness	Learners will be able to provide support and encouragement to others through perspective taking, empathy, and appreciation for diversity.	Learners will be able to demonstrate empathy to others who have different views and beliefs.	Learners will be able to demonstrate connectedness, through empathy and engagement to their communities.
6	Social Awareness	Social Awareness	Learners will be able to recognize expressions of empathy in society and communities.	Learners will be able to evaluate verbal, physical, and environmental cues to predict and respond to the emotions of others.	Learners will be able to evaluate verbal, physical, social, cultural, and environmental cues to predict and respond to the

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EMOTIONAL DEVELOPMENT (6th Grade – Adult)

					emotions of others.
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SELF-CONCEPT (6th Grade - Adult)

Develop positive self-identity and recognize self as a lifelong learner

No.	Aperture Education Competency	CASEL Domain	6th-8th	9th-10th	11th-Adult
7	Self-Awareness Optimistic Thinking	Self-Awareness	Learners will be able to use optimism and a “growth mind set” to recognize strengths in self in order to describe and prioritize personal skills and interests they want to develop.	Learners will be able to set priorities to build personal strengths, grow in their learning, recognize barriers, and employ solutions.	Learners will be able to maintain a "growth mind set" about their abilities to succeed and grow and will persist through challenges.
8	Self-Awareness	Self-Awareness	Learners will be able to self-reflect on their values and beliefs and how their behaviors relate to those values and beliefs.	Learners will be able to use self-reflection to determine if their behavior is reflective of their personal values and modify behavior to match their beliefs.	Learners will be able to use self-reflection to assess their behavior for authenticity, honesty, and respect and articulate how this impacts their greater community.
9	Self-Awareness Social-Awareness	Self-Awareness Social-Awareness	Learners will be able to identify how family and culture impact their thoughts and actions.	Learners will be able to reflect on their own beliefs relative to different familial and societal norms.	Learners will be able to explain how their beliefs can impact their growth and success, and advocate for their beliefs.
10	Self-Management Goal Directed Behavior	Self-Management	Learners will be able to consistently set attainable, realistic goals, and persist until their goals are achieved.	Learners will be able to reflect on the progress of personal goals in order to adjust action steps and time frames as necessary.	Learners will be able to set short- and long-term group goals, and create a plan to execute those goals. They will be able to analyze progress and collaborate to adjust goals when needed.

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SELF-CONCEPT (6th Grade - Adult)					
11	Self-Awareness Self-Management Optimistic Thinking Goal Directed Behavior	Self-Awareness Self-Management	Learners will be able to identify successes and challenges, and how they can learn from them.	Learners will be able to recognize barriers to succeeding and identify supports to help themselves.	Learners will be able to demonstrate perseverance when dealing with challenges and adversity.

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SOCIAL COMPETENCE (6th Grade - Adult)

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large

No.	Aperture Education Competency	CASEL Domain	6th-8th	9th-10th	11th-Adult
12	Social-Awareness	Social Awareness	Learners will be able to show respect for other people's perspectives.	Learners will be able to identify positive ways to express understanding of differing perspectives.	Learners will be able to demonstrate conversational skills to determine the perspective of others.
13	Social-Awareness Relationship Skills Self-Awareness	Social Awareness	Learners will be able to reflect how cross-cultural experiences can influence their ability to build positive relationships.	Learners will be able to support the rights of individuals to reflect their family, culture, and community within the school setting.	Learners will be able to support the rights of all individuals to reflect their family, culture, and community in society.
14	Social Awareness Self-Awareness	Social Awareness	Learners will be able to identify discrimination of individuals and groups based upon perceived differences.	Learners will be able to assess for personal bias and evaluate strategies to oppose stereotyping.	Learners will be able to develop ethical arguments from a variety of ethical positions to evaluate societal norms.
15	Relationship Skills	Relationship Skills	Learners will be able to recognize the emotional, physical, social, and other costs of negative relationships.	Learners will be able to independently seek and sustain positive, supportive relationships.	Learners will be able to maintain positive relationships and use effective strategies (e.g., boundary setting, stating your needs,

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SOCIAL COMPETENCE (6th Grade - Adult)

					and recognizing warning signs) to avoid negative relationships.
16	Relationship Skills Social-Awareness	Relationship Skills	Learners will be able to use active listening and assertive, clear communication when expressing thoughts and ideas.	Learners will be able to use assertive communication, including refusals, to get their needs met without negatively impacting others.	Learners will be able to use assertive communication, including refusals, in a variety of settings and with a variety of audiences to get their needs met, without negatively impacting others.
17	Relationship Skills Self-Management Decision Making	Relationship Skills	Learners will be able to recognize and respond appropriately to constructive feedback.	Learners will be able to accept constructive feedback.	Learners will be able to evaluate constructive feedback and provide constructive feedback when needed.
18	Relationship Skills	Relationship Skills	Learners will be able to work cooperatively and productively in a group and overcome setbacks and disagreements.	Learners will be able to formulate group goals and work through an agreed upon plan.	Learners will be able to recognize how each group member's skills contribute toward group goals.

SOCIAL COMPETENCE (6th Grade – Adult continued)

Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large

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SOCIAL COMPETENCE (6 th Grade – Adult continued)					
19	Relationship Skills Social-Awareness	Relationship Skills	Learners will be able to apply negotiation skills and conflict resolution skills to resolve differences.	Learners will be able to self-reflect on their role in a conflict to inform their behavior in the future.	Learners will be able to consistently resolve inter-personal conflicts across settings (e.g., school, work, community, and personal relationships).
20	Decision Making	Decision Making	Learners will be able to generate a variety of solutions and outcomes to a problem with consideration of well-being for oneself and others.	Learners will be able to apply steps of systemic decision making with consideration of well-being for oneself and others.	Learners will be able to consider a variety of factors (e.g., ethical, safety, and societal factors) in order to make decisions that promote productive social and work relations.
21	Social Awareness	Social Awareness	Learners will be able to identify how social norms for behavior vary across different settings and within different cultures.	Learners will be able to identify the purpose of social norms for behavior across situations and how these norms are influenced by public opinion.	Learners will be able to evaluate the ways in which public opinion can be used to influence and shape public policy.
22	Relationship Skills Decision Making	Decision Making Relationship Skills	Learners will be able to identify the impact of their decisions on personal safety and relationships.	Learners will be able to use negotiation and refusal skills to resist unwanted pressures and maintain personal health and safety.	Learners will be able to evaluate factors that impact personal and community health and safety, and apply appropriate preventative and protective strategies (e.g., health and wellness, sleep, healthy relationships).
23	Social Awareness Relationship Skills Decision Making	Social Awareness Relationship Skills	Learners will be able to advocate for themselves.	Learners will be able to advocate for their needs and the needs of others by utilizing educational and community support networks.	Learners will be able generate positive choices and proactively advocate for themselves and others across settings (e.g., school, community, work, and personal relationships).
24	Decision Making	Decision	Learners will be able to, with adult	Learners will be able to independently	Learners will be able to analyze

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SOCIAL COMPETENCE (6th Grade – Adult continued)

Social-Awareness Relationship Skills	Making Social Awareness Relationship Skills	guidance, create an action plan that addresses a need in the classroom, school, or community.	create an action plan that addresses real needs in the classroom, school, and community.	opportunities to improve their community and engage in civic activities to influence issues impacting various communities.
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