



CHARACTERSTRONG HIGH SCHOOL SEL CASEL Framework

Anchor Standard	Capacities	Grade 9	Grade 10	Grade 11	Grade 12
<p>SELF-AWARENESS: The abilities to understand one’s own emotions, thoughts, and values and how they influence behavior across contexts.</p>	<ul style="list-style-type: none"> Integrating personal and social identities Identifying personal, cultural, and linguistic assets Identifying one’s emotions Demonstrating honesty and integrity Linking feelings, values, and thoughts Examining prejudices and biases Experiencing self-efficacy Having a growth mindset Developing interests and a sense of purpose 	<p>S03: Building Community S04: Developing Community Agreements S07: Clarifying Values S08: Practicing Values S09: Normalizing 9th Grade Worries (Test-Taking) S13: Understanding Social Support S14: Practicing Social Support S16: Connecting Values & Friendship S18: Staying True to Your Values S19: Asking for Help S20: Belonging in Action: Developing S22: Developing Goals S23-25: Reflecting on the Year</p>	<p>S03: Building Community S04: Developing Community Agreements S05: Understanding Mental Health S06: Understanding Well-Being S07: Connecting Values & Well-Being S08: Clarifying Values & Well-Being S09: Practicing Values & Well-Being S10: Setting Well-Being Goals S11: Building Well-Being Habits S13: Staying True to Our Goals S14: Understanding Stress S15: Coping with Stress S21: Creating Well-Being Habits S22: Improving Well-Being Habits S23-25: Reflecting on the Year</p>	<p>S03: Building Community S04: Developing Community Agreements S05: Clarifying Values to Increase Engagement S06: Practicing Values to Increase Engagement S07: Understanding Well-Being S08: Examining Mental Health Myths S09: Understanding Ourselves S12: Reflecting on Our Stories S13: Assessing Individual Barriers to Belonging S14: Assessing School Barriers to Belonging S15: Clarifying School Barriers to Belonging S16-20: Addressing Barriers to Belonging S21: Developing Habits for Belonging S22: Improving Habits for Belonging S23-25: Reflecting on the Year</p>	<p>S03: Building Community S04: Developing Community Agreements S05: Defining Leadership S06: Connecting Values & Leadership S07: Practicing Values as Leaders S08: Connecting Purpose to Academics S09: Connecting Purpose to Society S10: Using My Influence for Personal Pursuits S12: Developing Well-Being Habits S13: Practicing Well-Being Habits S14: Developing Leadership Habits S15: Practicing Leadership Habits S16: Understanding Effective Empathy S17: Expanding Our Circle of Empathy S19-20: Leaving a Legacy</p>
<p>SELF-MANAGEMENT: The abilities to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.</p>	<ul style="list-style-type: none"> Managing one’s emotions Identifying and using stress-management strategies Exhibiting self-discipline and self-motivation Setting personal and collective goals Using planning and organizational skills Showing the courage to take initiative Demonstrating personal and collective agency 	<p>S03: Building Community S06: Understanding Values S07: Clarifying Values S08: Practicing Values S13: Understanding Social Support S14: Practicing Social Support S16: Connecting Values & Friendship S18: Staying True to Your Values S19: Asking for Help S20: Belonging in Action: Developing S21: Belonging in Action: Executing S22: Developing Goals</p>	<p>S03: Building Community S04: Developing Community Agreements S05: Understanding Mental Health S06: Understanding Well-Being S07: Connecting Values & Well-Being S08: Clarifying Values & Well-Being S09: Practicing Values & Well-Being S10: Setting Well-Being Goals S11: Building Well-Being Habits</p>	<p>S03: Building Community S04: Developing Community Agreements S05: Clarifying Values to Increase Engagement S06: Practicing Values to Increase Engagement S07: Understanding Well-Being S08: Examining Mental Health Myths S13: Assessing Individual Barriers to Belonging S14: Assessing School Barriers to Belonging</p>	<p>S03: Building Community S04: Developing Community Agreements S05: Defining Leadership S06: Connecting Values & Leadership S07: Practicing Values as Leaders S10: Using My Influence for Personal Pursuits S12: Developing Well-Being Habits S13: Practicing Well-Being Habits S14: Developing Leadership Habits</p>



CHARACTERSTRONG HIGH SCHOOL SEL
CASEL Framework

Anchor Standard	Capacities	Grade 9	Grade 10	Grade 11	Grade 12
			S12: Identifying Obstacles to Well-Being S13: Staying True to Our Goals S14: Understanding Stress S15: Coping with Stress S21: Creating Well-Being Habits S22: Improving Well-Being Habits S23-25: Reflecting on the Year	S21: Developing Habits for Belonging S23-25: Reflecting on the year	S15: Practicing Leadership Habits S16: Understanding Effective Empathy S25: Reflections
SOCIAL AWARENESS: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts	<ul style="list-style-type: none"> • Taking others' perspectives • Recognizing strengths in others • Demonstrating empathy and compassion • Showing concern for the feelings of others • Understanding and expressing gratitude • Identifying diverse social norms, including unjust ones • Recognizing situational demands and opportunities • Understanding the influences of organizations/ systems on behavior 	S03: Building Community S04: Developing Community Agreements S05: Normalizing 9th Grade Worries S09: Normalizing 9th Grade Worries (Test-Taking) S10: Developing Supportive Friendships S11: Practicing Perspective-Taking S13: Understanding Social Support S14: Practicing Social Support S15: Strengthening Empathy with Perspective-Taking S17: Giving Support to Friends S19: Asking for Help	S03: Building Community S04: Developing Community Agreements S06: Understanding Well-Being S15: Coping with Stress S16-20: Promoting Well-Being S22: Improving Well-Being Habits S24-25: Reflecting on the Year	S03: Building Community S04: Developing Community Agreements S07: Understanding Well-Being S08: Examining Mental Health Myths S09: Understanding Ourselves S12: Reflecting on Our Stories S13: Assessing Individual Barriers to Belonging S14: Assessing School Barriers to Belonging S15: Clarifying School Barriers to Belonging S16-20: Addressing Barriers to Belonging S21: Developing Habits for Belonging S22: Improving Habits for Belonging	S03: Building Community S04: Developing Community Agreements S05: Defining Leadership S06: Connecting Values and Leadership S08: Connecting Purpose to Academics S11: Using My Influence for Selfless Pursuits S14: Developing Leadership Habits S15: Practicing Leadership Habits S16: Understanding Effective Empathy S17: Expanding Our Circle of Empathy S19: Leaving A Legacy (School) S25: Reflections



CHARACTERSTRONG HIGH SCHOOL SEL CASEL Framework

Anchor Standard	Capacities	Grade 9	Grade 10	Grade 11	Grade 12
<p>RELATIONSHIP SKILLS: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.</p>	<ul style="list-style-type: none"> Communicating effectively Developing positive relationships Demonstrating cultural competency Practicing teamwork and collaborative problem-solving Resolving conflicts constructively Resisting negative social pressure Showing leadership in groups Seeking or offering support and help when needed Standing up for the rights of others 	<p>S02: Building Connections S03: Building Community S05: Normalizing 9th Grade Worries S08: Practicing Values S10: Developing Supportive Friendships S11: Practicing Perspective-Taking S14: Practicing Social Support S15: Strengthening Empathy with Perspective-Taking</p>	<p>S02: Building Connections S03: Building Community S04: Developing Community Agreements S16-20: Promoting Well-Being</p>	<p>S02: Building Connections S03: Building Community S04: Developing Community Agreements S13: Assessing Individual Barriers to Belonging S14: Assessing School Barriers to Belonging S15: Clarifying School Barriers to Belonging S16-20: Addressing Barriers to Belonging S21: Developing Habits for Belonging S22: Improving Habits for Belonging</p>	<p>S02: Building Connections S03: Building Community S04: Developing Community Agreements S05: Defining Leadership S17: Expanding Our Circle of Empathy S18: Developing a Critical Consciousness S21-22: Working Together (Community)</p>
<p>RESPONSIBLE DECISION-MAKING: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.</p>	<ul style="list-style-type: none"> Demonstrating curiosity and open-mindedness Identifying solutions for personal and social problems Learning to make a reasoned judgment after analyzing information, data, facts Anticipating and evaluating the consequences of one's actions Recognizing how critical thinking skills are useful both inside & outside of school Reflecting on one's role to promote personal, family, and community well-being Evaluating personal, interpersonal, community, and institutional impacts 	<p>S03: Building Community S04: Developing Community Agreements S06: Understanding Values S12: Coping with Stress S14: Practicing Social Support S17: Giving Support to Friends S18: Staying True to Your Values S19: Asking for Help</p>	<p>S07: Connecting Values & Well-Being S08: Clarifying Values & Well-Being S11: Building Well-Being Habits S12: Identifying Obstacles to Well-Being S13: Staying True to Our Goals S14: Understanding Stress S15: Coping with Stress S17-21: Promoting Well-Being S21: Creating Well-Being Habits S22: Improving Well-Being Habits</p>	<p>S05: Clarifying Values to Increase Engagement S06: Practicing Values to Increase Engagement S13: Assessing Individual Barriers to Belonging S14: Assessing School Barriers to Belonging S15: Clarifying School Barriers to Belonging S16-20: Addressing Barriers to Belonging S21: Developing Habits for Belonging S22: Improving Habits for Belonging</p>	<p>S02: Building Connection S06: Connecting Values & Leadership S07: Practicing Values as Leaders S08: Connecting Purpose to Academics S12: Developing Well-Being Habits S13: Practicing Well-Being Habits S14: Developing Leadership Habits S15: Practicing Leadership Habits S19-21: Leaving a Legacy (School) S23-24: Bettering Our World (Global)</p>



CHARACTERSTRONG HIGH SCHOOL SEL

ASCA Mindsets & Behaviors Alignment

Category	Standards	Grade 9	Grade 10	Grade 11	Grade 12
Mindset Standards	M1: Belief in development of whole self, including a healthy balance of mental, social/emotional, and physical well-being	S06: Understanding Values	S05: Understanding Mental Health S06: Understanding Well-Being S08: Clarifying Values & Well-Being	S07: Understanding Well-Being S08: Examining Mental Health Myths	S12: Developing Well-Being Habits S13: Practicing Well-Being Habit
	M2: Sense of acceptance, respect, support and inclusion for self and others in the school environment	S02: Building Connections S03: Building Community S04: Developing Community Agreements	S02: Building Connections S03: Building Community S04: Developing Community Agreements	S02: Building Connections S03: Building Community S04: Developing Community Agreements	S02: Building Connections S03: Building Community S04: Developing Community Agreements
	M3: Positive attitude toward work and learning	S09: Normalizing 9th Grade Worries (Test Taking)	S13: Staying True to Our Goals	S05: Clarifying Values to Increase Engagement S06: Practicing Values to Increase Engagement	S08: Connecting Purpose to Academics S09: Connecting Purpose to Society
	M4: Self-confidence in ability to succeed	S03: Building Community S04: Developing Community Agreements	S07: Connecting Values & Well-Being S08: Clarifying Values & Well-Being	S09: Understanding Ourselves S10: Hearing Others' Stories S11: Connecting Through Story S12: Reflecting on Our Stories	S06: Connecting Values & Leadership S07: Practicing Values as Leaders S14: Developing Leadership Habits S15: Practicing Leadership Habits
	M5: Belief in using abilities to their fullest to achieve high-quality results and outcomes	S05: Normalizing 9th Grade Worries (Belonging) S07: Clarifying Values S08: Practicing Values	S04: Developing Community Agreements	S04: Developing Community Agreements S05: Clarifying Values to Increase Engagement S06: Practicing Values to Increase Engagement	S04: Developing Community Agreements S05: Defining Leadership S06: Connecting Values & Leadership S07: Practicing Values as Leaders



CHARACTERSTRONG HIGH SCHOOL SEL

ASCA Mindsets & Behaviors Alignment

Category	Standards	Grade 9	Grade 10	Grade 11	Grade 12
Mindset Standards	M6: Understanding that postsecondary education and life-long learning are necessary for long-term career success	S10: Coping with Stress	S14: Understanding Stress S15: Coping with Stress	S22: Improving Habits for Belonging	S05: Defining Leadership S08: Connecting Purpose to Academics
Behavior Standards	Learning Strategies: Processes and tactics students employ to aid in the cognitive work of thinking, remembering, or learning.	S03: Building Community S04: Developing Community Agreements S05: Normalizing 9th Grade Worries (Belonging) S06: Understanding Values S07: Clarifying Values S08: Practicing Values	S03: Building Community S04: Developing Community Agreements S05: Understanding Mental Health S06: Understanding Well-Being S07: Connecting Values to Well-Being S08: Clarifying Values & Well-Being	S03: Building Community S04: Developing Community Agreements S05: Clarifying Values to Increase Engagement S06: Practicing Values to Increase Engagement S07: Understanding Well-Being S08: Examining Mental Health Myths	S03: Building Community S04: Developing Community Agreements S05: Defining Leadership S06: Connecting Values & Leadership S07: Practicing Values as Leaders S08: Connecting Purpose to Academics
	Self-Management Skills: Continued focus on a goal despite obstacles and avoidance of distractions or temptations to prioritize higher pursuits over lower pleasures.	S03: Building Community S04: Developing Community Agreements S05: Normalizing 9th Grade Worries (Belonging) S06: Understanding Values S07: Clarifying Values	S03: Building Community S04: Developing Community Agreements S05: Understanding Mental Health S06: Understanding Well-Being S07: Connecting Values to Well-Being S08: Clarifying Values & Well-Being	S03: Building Community S04: Developing Community Agreements S05: Clarifying Values to Increase Engagement S06: Practicing Values to Increase Engagement S07: Understanding Well-Being S08: Examining Mental Health Myths	S03: Building Community S04: Developing Community Agreements S06: Connecting Values & Leadership S07: Practicing Values as Leaders
	Social Skills: Acceptable behaviors that improve social interactions, such as those among peers or between students and adults.	S02: Building Connections S03: Building Community S04: Developing Community Agreements S05: Normalizing 9th Grade Worries (Belonging) S06: Understanding Values S08: Practicing Values	S02: Building Connections S03: Building Community S04: Developing Community Agreements S06: Understanding Well-Being	S02: Building Connections S03: Building Community S04: Developing Community Agreements S08: Examining Mental Health Myths	S02: Building Connections S03: Building Community S04: Developing Community Agreements S08: Connecting Purpose to Academics