



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: Community Agreements S06: To Be Lists, pt 2 S07: To Be Lists, pt 3 S09: Worries & Wonders: Tests S14: Helpful Supports S15: Social Belonging S16: Connecting Values & Friendship S18: Staying True to You S19: Self-Awareness S20: Deep Kindness, pt 1 S22: Honesty in Relationships, pt 1 S23: Honesty in Relationships, pt 2 S24: Developing Future Plans S25: Reflections</p> | <p>S03: Building Community S04: Community Agreements S05: To Be Lists S06: Mental Health Foundations, pt 1 S07: Mental Health Foundations, pt 2 S08: Values & Well-Being S09: To Be Goal, pt 1 S10: To Be Goal, pt 2 S11: To Be Goal, pt 3 S13: Staying True to Your Values S14: Stress & Coping, pt 1 S15: Stress & Coping, pt 2 S16: Growth Mindset S17: Practicing Forgiveness, pt 1 S18: Practicing Forgiveness, pt 2 S19: Building Empathy, pt 1 S20: Building Empathy, pt 2 S21: Creating Well-Being Habits, pt 1 S22: Creating Well-Being Habits, pt 2 S23: Reflecting on Well-Being S24: Value Reflections S25: Compliments & Celebrations</p> | <p>S03: Building Community S04: Community Agreements S05: To Be Lists, pt 1 S06: To Be Lists, pt 2 S07: Mental Health & Well-Being, pt 1 S08: Mental Health & Well-Being, pt 2 S09: Understanding Ourselves S12: Reflecting on Our Stories S13: Barriers to Belonging, pt 1 S14: Barriers to Belonging, pt 2 S15: Barriers to Belonging, pt 3 S16: Barriers to Belonging, pt 4 S17: Growing Patience, pt 1 S18: Growing Patience, pt 2 S19: Self-Awareness S20: Skill Development S21: Improving Habits S22: The Power of Gratitude S23: Purposeful Happiness S24: A Letter to Self S25: Reflections</p> | <p>S03: Building Community S04: Community Agreements S05: To Be Lists, pt 1 S06: To Be Lists, pt 2 S07: What Does It Mean to Lead? S08: Purpose For Learning S09: Pursuing Purpose S10: Dream Discussions S12: Well-Being Habits, pt 1 S13: Well-Being Habits, pt 2 S14: Making Time S15: Practicing Leadership S16: Effective Empathy S17: Expanding Empathy S19: Expanding Social Awareness S20: Real Life Commitment S21: Developing Selflessness, pt. 1 S22: Developing Selflessness, pt. 2 S23: Deep Kindness S24: Meaningful Gratitude</p> |



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| <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 S05: To Be Lists, pt 1 S06: To Be Lists, pt 2 S07: To Be Lists, pt 3 S14: Helpful Supports S15: Social Belonging S16: Connecting Values & Friendship S18: Staying True to You S19: Self-Awareness S21: Deep Kindness, pt 2 S22: Honesty in Relationships, pt 1 S23: Honesty in Relationships, pt 2</p> | <p>S03: Building Community S04: Community Agreements S05: To Be Lists S06: Mental Health Foundations, pt 1 S07: Mental Health Foundations, pt 2 S08: Values & Well-Being S09: To Be Goal, pt 1 S10: To Be Goal, pt 2 S11: To Be Goal, pt 3 S12: Society & Well-Being S13: Staying True to Your Values S14: Stress & Coping, pt 1 S15: Stress & Coping, pt 2 S16: Growth Mindset S21: Creating Well-Being Habits, pt 1 S22: Creating Well-Being Habits, pt 2 S23: Reflecting on Well-Being S24: Value Reflections S25: Compliments & Celebrations</p> | <p>S03: Building Community S04: Community Agreements S05: To Be Lists, pt 1 S06: To Be Lists, pt 2 S07: Mental Health & Well-Being, pt 1 S08: Mental Health & Well-Being, pt 2 S13: Barriers to Belonging, pt 1 S14: Barriers to Belonging, pt 2 S16: Barriers to Belonging, pt 4 S17: Growing Patience, pt 1 S18: Growing Patience, pt 2 S19: Self-Awareness S20: Skill Development S22: The Power of Gratitude S23: Purposeful Happiness S24: A Letter to Self S25: Reflections</p> | <p>S03: Building Community S04: Community Agreements S05: To Be Lists, pt 1 S06: To Be Lists, pt 2 S07: What Does It Mean to Lead? S10: Dream Discussions S12: Well-Being Habits, pt 1 S13: Well-Being Habits, pt 2 S14: Making Time S15: Practicing Leadership S16: Effective Empathy S20: Real Life Commitment S23: Deep Kindness S25: Reflections</p> |
| <p>SOCIAL AWARENESS: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts</p> | <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 | <p>S03: Building Community S04: Community Agreements S08: Worries & Wonders: Belonging S09: Worries & Wonders: Tests S10: Stress & Coping S11: Introducing Perspective-Taking S12: Practicing Perspective-Taking S14: Helpful Supports S15: Social Belonging S17: Giving Support to Friends S19: Self-Awareness S20: Deep Kindness, pt 1 S21: Deep Kindness, pt 2</p> | <p>S03: Building Community S04: Community Agreements S07: Mental Health Foundations, pt 2 S15: Stress & Coping, pt 2 S17: Practicing Forgiveness, pt 1 S18: Practicing Forgiveness, pt 2 S19: Building Empathy, pt 1 S20: Building Empathy, pt 2 S22: Creating Well-Being Habits, pt 2 S24: Value Reflections S25: Compliments & Celebrations</p> | <p>S03: Building Community S04: Community Agreements S07: Mental Health & Well-being, pt 1 S08: Mental Health & Well-being, pt 2 S09: Understanding Ourselves S12: Reflecting on Our Stories S13: Barriers to Belonging, pt 1 S14: Barriers to Belonging, pt 2 S15: Barriers to Belonging, pt 3 S16: Barriers to Belonging, pt 4 S17: Growing Patience, pt 1 S18: Growing Patience, pt 2 S19: Self-Awareness S20: Skill Development S21: Improving Habits S22: The Power of Gratitude S23: Purposeful Happiness</p> | <p>S03: Building Community S04: Community Agreements S05: To Be Lists, pt 1 S07: What Does It Mean to Lead? S08: Purpose for Learning S11: Selfless Pursuits S14: Making Time S15: Practicing Leadership S16: Effective Empathy S17: Expanding Empathy S19: Expanding Social Awareness S20: Real Life Commitment S23: Deep Kindness S24: Meaningful Gratitude S25: Reflections</p> |



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| <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 S07: To Be Lists, pt 3 S08: Worries & Wonders: Belonging S10: Stress & Coping S11: Introducing Perspective-Taking S12: Practicing Perspective-Taking S15: Social Belonging S19: Self-Awareness S22: Honesty in Relationships, pt 1 S23: Honesty in Relationships, pt 2</p> | <p>S02: Building Connections S03: Building Community S04: Community Agreements S17: Practicing Forgiveness, pt 1 S18: Practicing Forgiveness, pt 2 S19: Building Empathy, pt 1 S20: Building Empathy, pt 2</p> | <p>S02: Building Connections S03: Building Community S04: Community Agreements S13: Barriers to Belonging, pt 1 S14: Barriers to Belonging, pt 2 S15: Barriers to Belonging, pt 3 S16: Barriers to Belonging, pt 4 S17: Growing Patience, pt 1 S18: Growing Patience, pt 2 S20: Skill Development S21: Improving Habits</p> | <p>S02: Building Connections S03: Building Community S04: Community Agreements S07: What Does It Mean to Lean? S17: Expanding Empathy S18: Practicing Perspective-Getting S19: Expanding Social Awareness S20: Real Life Commitment S21: Developing Selflessness, Pt. 1 S22: Developing Selflessness, Pt. 2 S23: Deep Kindness</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: Community Agreements S05: To Be Lists, pt 1 S13: Helpful Helping S15: Social Belonging S17: Giving Support to Friends S18: Staying True to You S19: Self-Awareness S21: Deep Kindness, pt 2 S22: Honesty in Relationships, pt 1 S23: Honesty in Relationships, pt 2</p> | <p>S05: To Be Lists S08: Values & Well-Being S11: To Be Goal, pt 3 S12: Society & Well-Being S13: Staying True to Your Values S14: Stress & Coping, pt 1 S15: Stress & Coping, pt 2 S16: Growth Mindset S17: Practicing Forgiveness, pt 1 S18: Practicing Forgiveness, pt 2 S19: Building Empathy, pt 1 S20: Building Empathy, pt 2 S21: Creating Well-Being Habits, pt 1 S22: Creating Well-Being Habits, pt 2</p> | <p>S05: To Be Lists, pt 1 S06: To Be Lists, pt 2 S13: Barriers to Belonging, pt 1 S14: Barriers to Belonging, pt 2 S15: Barriers to Belonging, pt 3 S16: Barriers to Belonging, pt 4 S17: Growing Patience, pt 1 S18: Growing Patience, pt 2 S19: Self-Awareness S20: Skill Development S21: Improving Habits</p> | <p>S02: Building Connections S05: To Be Lists, pt 1 S06: To Be Lists, pt 2 S08: Purpose For Learning S12: Well-Being Habits, pt 1 S13: Well-Being Habits, pt 2 S14: Making Time S15: Practicing Leadership S19: Expanding Social Awareness S20: Real Life S22: Developing Selflessness, pt. 2 S23: Deep Kindness S24: Meaningful Gratitude</p> |



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 | S05: To Be Lists, pt 1 S19: Self-Awareness | S06: Mental Health Foundations, pt 1 S07: Mental Health Foundations, pt 2 S08: Values & Well-Being S16: Growth Mindset S17: Practicing Forgiveness, pt 1 S18: Practicing Forgiveness, pt 2 S19: Building Empathy, pt 1 S20: Building Empathy, pt 2 | S07: Mental Health & Well-Being, pt 1 S08: Mental Health & Well-Being, pt 2 S17: Growing Patience, pt 1 S18: Growing Patience, pt 2 S19: Self-Awareness S23: Purposeful Happiness | S12: Well-Being Habits, pt 1 S13: Well-Being Habits, pt 2 S19: Expanding Social Awareness S23: Deep Kindness S24: Meaningful Gratitude |
| | M2: Sense of acceptance, respect, support and inclusion for self and others in the school environment | S02: Building Connections S03: Building Community S04: Community Agreements S19: Self-Awareness | S02: Building Connections S03: Building Community S04: Community Agreements S16: Growth Mindset S18: Practicing Forgiveness, pt 2 S19: Building Empathy, pt 1 S20: Building Empathy, pt 2 | S02: Building Connections S03: Building Community S04: Community Agreements S16: Barriers to Belonging, pt 4 S19: Self-Awareness S22: The Power of Gratitude | S02: Building Connections S03: Building Community S04: Community Agreements S19: Expanding Social Awareness S21: Developing Selflessness, pt. 1 S22: Developing Selflessness, pt. 2 S23: Deep Kindness |
| | M3: Positive attitude toward work and learning | S09: Worries & Wonders: Tests | S13: Staying True to Your Values S16: Growth Mindset | S05: To Be Lists, pt 1 S06: To Be Lists, pt 2 S23: Purposeful Happiness | S08: Purpose for Learning S09: Pursuing Purpose |
| | M4: Self-confidence in ability to succeed | S03: Building Community S04: Community Agreements | S05: To Be Lists S08: Values & Well-Being | S09: Understanding Ourselves S10: Hearing Others' Stories S11: Connecting Through Story S12: Reflecting on Our Stories S19: Self-Awareness | S05: To Be Lists, pt 1 S06: To Be Lists, pt 2 S14: Making Time S15: Practicing Leadership |
| | M5: Belief in using abilities to their fullest to achieve high-quality results and outcomes | S06: To Be Lists, pt 2 S07: To Be Lists, pt 3 S08: Worries & Wonders: Belonging | S04: Community Agreements | S04: Community Agreements S05: To Be Lists, pt 1 S06: To Be Lists, pt 2 S16: Barriers to Belonging, pt 4 | S04: Community Agreements S05: To Be Lists, pt 1 S06: To Be Lists, pt 2 S07: What Does It Mean to Lead? |



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ASCA Mindsets & Behaviors Alignment

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|---------------------------|---|--|---|---|--|---|
| Mindset Standards | M6: Understanding that postsecondary education and life-long learning are necessary for long-term career success | S10: Stress & Coping | S14: Stress & Coping, pt 1 S15: Stress & Coping, pt 2 | S21: Improving Habits | S07: What Does It Mean to Lead? S08: Purpose for Learning | |
| Behavior Standards | Learning Strategies: Processes and tactics students employ to aid in the cognitive work of thinking, remembering, or learning. | S03: Building Community S04: Community Agreements S05: To Be Lists, pt 1 S06: To Be Lists, pt 2 S07: To Be Lists, pt 3 S08: Worries & Wonders: Belonging S19: Self-Awareness | S03: Building Community S04: Community Agreements S05: To Be Lists S06: Mental Health Foundations, pt 1 S07: Mental Health Foundations, pt 2 S08: Values & Well-Being S16: Growth Mindset | S03: Building Community S04: Community Agreements S05: To Be Lists, pt 1 S06: To Be Lists, pt 2 S07: Mental Health & Well-Being, pt 1 S08: Mental Health & Well-Being, pt 2 S16: Barriers to Belonging, pt 4 S18: Growing Patience, pt 2 S23: Purposeful Happiness | S03: Building Community S04: Community Agreements S05: To Be Lists, pt 1 S06: To Be Lists, pt 2 S07: What Does It Mean to Lead? S08: Purpose For Learning S23: Deep Kindness S24: Meaningful Gratitude | |
| | 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: Community Agreements S05: To Be Lists, pt 1 S06: To Be Lists, pt 2 S08: Worries & Wonders: Belonging S19: Self-Awareness | S03: Building Community S04: Community Agreements S05: To Be Lists S06: Mental Health Foundations, pt 1 S07: Mental Health Foundations, pt 2 S08: Values & Well-Being S16: Growth Mindset | S03: Building Community S04: Community Agreements S05: To Be Lists S06: Mental Health Foundations, pt 1 S07: Mental Health Foundations, pt 2 S08: Values & Well-Being S16: Growth Mindset | S03: Building Community S04: Community Agreements S05: To Be Lists, pt 1 S06: To Be Lists, pt 2 S07: Mental Health & Well-Being, pt 1 S08: Mental Health & Well-Being, pt 2 S17: Growing Patience, pt 1 S18: Growing Patience, pt 2 S19: Self-Awareness | S03: Building Community S04: Community Agreements S05: To Be Lists, pt 1 S06: To Be Lists, pt 2 S19: Expanding Social Awareness S20: Real Life Commitment |
| | 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: Community Agreements S08: Worries & Wonders: Belonging S05: To Be Lists, pt 1 S07: To Be Lists, pt 3 S20: Deep Kindness, pt 1 S21: Deep Kindness, pt 2 S22: Honesty in Relationships, pt 1 S23: Honesty in Relationships, pt 2 | S02: Building Connections S03: Building Community S04: Community Agreements S07: Mental Health Foundations, pt 2 S17: Practicing Forgiveness, pt 1 S18: Practicing Forgiveness, pt 2 S19: Building Empathy, pt 1 S20: Building Empathy, pt 2 | S02: Building Connections S03: Building Community S04: Community Agreements S07: Mental Health Foundations, pt 2 S17: Practicing Forgiveness, pt 1 S18: Practicing Forgiveness, pt 2 S19: Building Empathy, pt 1 S20: Building Empathy, pt 2 | S02: Building Connections S03: Building Community S04: Community Agreements S08: Mental Health & Well-Being, pt 2 S16: Barriers to Belonging, pt 4 | S02: Building Connections S03: Building Community S04: Community Agreements S08: Purpose For Learning S19: Expanding Social Awareness S20: Real Life Commitment S21: Developing Selflessness, pt 1 S22: Developing Selflessness, pt 2 S23: Deep Kindness |