

# C.A.R.E.S.

## Competencies

## Anchor Standards

# CASEL

## Core Competencies

### Cooperation



The ability to establish new relationships, to maintain positive relationships and friendships, to avoid social isolation, to resolve conflicts, to accept differences, and to be a contributing member of the classroom and community in which one lives, works, learns, and plays

- Able to make and keep friends
- Works with others toward a common goal
- Resolves differences quickly
- Cooperates as a group leader or a member of the group
- Exhibits helpfulness

### Relationship Skills

The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups

### Assertiveness



The ability to take initiative, to stand up for one's ideas without hurting or negating others, to seek help, to persevere with a challenging task, and to recognize one's individual self as separate from the environment, circumstances, or conditions one is in

- Expresses strong emotions and opinions effectively
- Able to seek help
- Shows openness and honesty
- Persists through challenging events
- Takes the initiative to do what is right, fair, and just
- Makes choices one feels good about later

### Self-Awareness

The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts

### Responsibility



The ability to motivate oneself to act and follow through on expectations; to define a problem, consider the consequences, and choose a positive solution

- Selects the best option among choices for a suitable outcome
- Holds oneself accountable
- Demonstrates social, civic, and digital responsibility
- Takes care of property

### Responsible Decision-Making

The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations

### Empathy



The ability to recognize, appreciate, or understand another's state of mind or emotions; to be receptive to new ideas and perspectives; and to see, appreciate, and value differences and diversity in others

- Recognizes and manages one's own emotions and recognizes the emotions of others
- Respects and values diversity in others
- Respects differing cultural norms
- Aware of the impact of one's actions on others

### Social Awareness

The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts

### Self-Control



The ability to recognize and regulate one's thoughts, emotions, and behaviors in order to be successful in the moment and remain on a successful trajectory

- Adheres to social, behavioral, and moral standards
- Manages overwhelming thoughts or emotions
- Controls impulses and delays gratification
- Shows hope and perseverance

### Self-Management

The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations