

DEFINING SEL SKILLS

for measurement

THINKING

Mental skills used to encode, interpret and reason about social and emotional information

CASEL Competencies: Self Awareness, Social Awareness

Measure with: Direct Assessment



ACTING

Behaviors enacted to connect with others and achieve interpersonal and social goals

CASEL Competencies: Relationship Skills, Decision Making

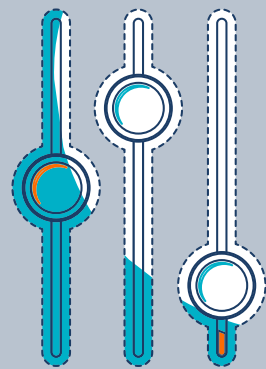
Measure with: Teacher Report

REGULATING

Mental and behavioral skills used to regulate thoughts, feelings and behaviors to achieve a social goal

CASEL Competencies: Self Management

Measure with: Direct Assessment, Teacher Report, Student Self-Report



ASSESSMENT-FRIENDLY SEL DEFINITION

The skills needed to interact effectively, make and maintain relationships, achieve social goals, and be successful in school and life.