










SELweb and FOSEL SEL Program Alignment

SELweb is a direct assessment of key social-emotional competencies, including: self-awareness, emotion recognition, social perspective-taking, social problem-solving, and self-control. FOSEL lessons are designed to foster these competencies. This document describes alignment between SELweb and the targets of instruction in FOSEL lessons. Each row reflects a specific lesson. Each column reflects a competence measured by SELweb. A checkmark (✓) indicates that a specific SELweb competence is a target of instruction in the indicated lesson.

FOSEL Lesson			SELweb Competence				
			 Self-Awareness	 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
CASEL Competence	Week	Lesson	Kindergarten Through Third Grade				
Self-Awareness	1	Kick-Off	✓				
	2	Identifying Emotions					
	3	Accurate Self-Perceptions	✓				
	4	Recognizing Strengths	✓				
	5	Self-Confidence	✓				
	6	Self-Efficacy	✓				
Self-Management	7	Kick-Off					✓
	8	Impulse Control					✓
	9	Stress Management					✓
	10	Self-Discipline					✓
	11	Self-Motivation					✓
	12	Goal Setting					✓
	13	Organizational Skills					✓
Social Awareness	14	Kick-Off		✓	✓		
	15	Perspective Taking		✓	✓		
	16	Empathy		✓	✓		
	17	Appreciating Diversity			✓		
	18	Respect for Others			✓	✓	
Relationship Skills	19	Kick-Off				✓	
	20	Communication				✓	
	21	Social Engagement				✓	
	22	Relationship Building			✓	✓	
	23	Teamwork			✓	✓	
Responsible Decision-Making	24	Kick-Off				✓	
	25	Identifying Problems				✓	
	26	Analyzing Situations				✓	
	27	Solving Problems				✓	
	28	Evaluating			✓	✓	
	29	Reflecting				✓	
	30	Ethical Responsibility				✓	

SELweb and FOSEL SEL Program Alignment

SELweb is a direct assessment of key social-emotional competencies, including: self-awareness, emotion recognition, social perspective-taking, social problem-solving, and self-control. FOSEL lessons are designed to foster these competencies. This document describes alignment between SELweb and the targets of instruction in FOSEL lessons. Each row reflects a specific lesson. Each column reflects a competence measured by SELweb. A checkmark (✓) indicates that a specific SELweb competence is a target of instruction in the indicated lesson.

FOSEL Lesson			SELweb Competence			
			 Self-Awareness	 Understanding Others	 Problem-Solving	 Self-Control
CASEL Competence	Week	Lesson	Fourth Through Sixth Grade			
Self-Awareness	1	Kick-Off	✓			
	2	Identifying Emotions				
	3	Accurate Self-Perceptions	✓			
	4	Recognizing Strengths	✓			
	5	Self-Confidence	✓			
	6	Self-Efficacy	✓			
Self-Management	7	Kick-Off				✓
	8	Impulse Control				✓
	9	Stress Management				✓
	10	Self-Discipline				✓
	11	Self-Motivation				✓
	12	Goal Setting				✓
	13	Organizational Skills				✓
Social Awareness	14	Kick-Off		✓		
	15	Perspective Taking		✓		
	16	Empathy		✓		
	17	Appreciating Diversity		✓		
	18	Respect for Others		✓	✓	
Relationship Skills	19	Kick-Off			✓	
	20	Communication			✓	
	21	Social Engagement			✓	
	22	Relationship Building		✓	✓	
	23	Teamwork		✓	✓	
Responsible Decision-Making	24	Kick-Off			✓	
	25	Identifying Problems			✓	
	26	Analyzing Situations			✓	
	27	Solving Problems			✓	
	28	Evaluating		✓	✓	
	29	Reflecting			✓	
	30	Ethical Responsibility			✓	