



Relationship between CASEL Competencies, SELweb Competence Score Labels, and Skills Assessed

SELweb Early Elementary (K TO 3)

CASEL Competence	SELweb Competence Score Label	Specific Skills Assessed	Assessment Method	What It Looks Like in Real Life
Self-Management	Self-Control	Ability to delay gratification	Performance tasks	Child can persist during challenging work, staying focused, and applying effort.
		Ability to tolerate frustration		
Social Awareness	Emotion Recognition	Understanding of others' facial expressions	Performance task	Child looks at others' faces to read their emotions and clearly modifies own behavior in response to others' joy, anger, or other emotion displays.
	Social Perspective-Taking	Understanding of others' intentions, beliefs, and points of view	Performance task	Child can say what someone else wants, thinks, believes, or understands, even when the other person has a different viewpoint than the child.
Relationship Skills, Responsible Decision-Making	Social Problem-Solving	The ability to think through social challenges	Performance task	Child notices when conflict arises. Child behaves in ways that help resolve conflicts. Child enters and exits ongoing activities skillfully.

SELweb Late Elementary (Grades 4 TO 8)

CASEL Competence	SELweb Competence Score Label	Specific Skills Assessed	Assessment Method	What It Looks Like in Real Life
Self-Awareness	Self-Awareness	Understanding own strengths and weaknesses	Compare self-report with task performance	Child can accurately articulate own strengths and weaknesses. "I know how to tell when people are happy, but sometimes I can't tell when they're mad."
Self-Management	Self-Control	Knowledge of effective emotion regulation strategies	Performance task	Child understands about and can use effective strategies to calm self when upset or overly excited, such as selecting situations that won't be upsetting, changing the situation, thinking about the situation in a way that is less upsetting, and direct physiological
		Self-reported self-management skill	Self-report survey	

				strategies such as diaphragmatic breathing.
Social Awareness	Understanding others	Understanding of others' mixed and complex social emotions	Performance task	Child can say what someone else wants, thinks, believes, or understands, even when the other person has a different viewpoint than the child.
		Understanding of others' intentions, beliefs, and points of view	Performance task	Child can also articulate what someone else is feeling when they feel more than one emotion or a social emotion such as pride, embarrassment, or guilt
Relationship Skills, Responsible Decision-Making	Social Problem-Solving	The ability to think through social challenges	Performance task	Child notices when conflict arises. Child behaves in ways that help resolve conflicts. Child enters and exits ongoing activities skillfully.

SELweb High School Self-Report Survey

CASEL Competence	SELweb Competence Score Label	Specific Skills Assessed	Assessment Method	What It Looks Like in Real Life
Self-Awareness	Self-Awareness	Understanding own strengths and weaknesses Understanding own emotions Understanding own culture	Self-report survey	Adolescent can articulate own strengths and weaknesses and point to evidence to support this self-assessment. Adolescent can use varied vocabulary to describe what they are feeling and how strongly. Adolescent is comfortable with, proud of, and can describe own cultural background.
Self-Management	Self-Management	Ability to manage own emotions Ability to modify behavior to achieve a goal	Self-report survey	Adolescent understands about and can use a variety of effective strategies to manage emotions- "downregulating" when upset, and "upregulating" when focus and effort are required. Adolescent demonstrates strong organizational and goal-setting ability, with concrete evidence such as an organization system, to-do list, and assignment punctuality and organization.

Social Awareness	Social Awareness	<p>Understanding others' perspectives</p> <p>Understanding and sharing others' feelings</p> <p>Understanding and learning from other cultures</p>	Self-report survey	<p>Adolescent shows curiosity about and an understanding of other peoples' beliefs, values, intentions, and points of view, even when those beliefs are different from the adolescent's, and even when the other person's background is substantially different from their own. Adolescent demonstrates compassion towards others.</p>
Relationship Skills	Relationship Skills	<p>Understanding how to share feelings with others</p> <p>The ability to resolve conflict constructively</p> <p>The ability to talk about prejudice</p>	Self-report survey	<p>Adolescent is able to express emotions appropriately and openly to peers.</p> <p>Adolescent behaves in ways that help resolve conflicts, solve problems, and improve team functioning. Adolescent is seen as a leader.</p> <p>Adolescent can talk about prejudice and demonstrates motivation to combat it.</p>
Responsible Decision-Making	Responsible Decision-Making	<p>Responding positively to peer pressure</p> <p>Decision-making that is constructive for others</p> <p>Planning and goal-setting</p>	Self-report survey	<p>Adolescent knows about and can use a variety of positive strategies to resist negative peer pressure.</p> <p>Adolescent regularly makes decisions and takes actions in ways that benefit the group.</p> <p>Adolescent demonstrates ability to set goals and establish organized plans and strategies to achieve those goals.</p>