

Relationship between CASEL Competencies, SELweb Competencies, and Skills Assessed

**SELweb Early Elementary (K TO 3)**

<b>CASEL Competence</b>	<b>SELweb Competence Score</b>	<b>Specific Skills Assessed</b>	<b>Assessment Method</b>	<b>What It Looks Like in Real Life</b>
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)**

<b>CASEL Competence</b>	<b>SELweb Competence Score</b>	<b>Specific Skills Assessed</b>	<b>Assessment Method</b>	<b>What It Looks Like in Real Life</b>
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 strategies such as diaphragmatic breathing.
		Self-reported self-management skill	Self-report survey	
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.