Profile Strips from Core Competencies to be used in sorting activity with CASEL Core Competencies

* Students engage in informal and structured conversations where they listen, contribute, develop understanding and relationships, learn to consider diverse perspectives, and build consensus.
* Students inquire into topics that interest them, and topics related to their school studies.
* Students work together to accomplish goals, either face to face, or through digital media.
* Students tell about their experiences—especially their learning experiences—and reflect, and share what they learned.
* Students develop and maintain diverse, positive peer and intergenerational relationships in a variety of contexts.
* Students who are personally aware and responsible take responsibility for their own choices and actions. They set goals, monitor progress, and understand and regulate their emotions. They are aware that learning involves patience and time. They are able to persevere in difficult situations, and to understand how their actions affect themselves and others.
* Students who are personally aware and responsible have a sense of personal efficacy and growing confidence in a variety of situations. They keep themselves healthy and physically active, manage stress, and express a sense of personal well-being. They make choices that contribute to their safety in their communities, including online interactions. They recognize the importance of happiness, and have strategies that help them find peace in challenging situations.
* Students who are personally aware and responsible recognize how their decisions and actions affect their mental, physical, emotional, social, cognitive, and spiritual wellness, and take increasing responsibility for caring for themselves.
* Students understand that their relationships and cultural contexts help to shape who they are.
* Students acknowledge their strengths and abilities, and explicitly consider these as assets that can help them in all aspects of their lives. Students understand that they are unique and are a part of larger communities. They explain how they are using their strengths and abilities in their families, their relationships, and their communities.