



Five Skill Domains of Social and Emotional Learning (SEL)

Self – Awareness

The ability to accurately recognize one’s own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one’s strengths and limitations, with a well-grounded sense of confidence, optimism and a “growth mind-set.”

Relationship Skills

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.



Self – Management

The ability to successfully regulate one’s emotions, thoughts, and behaviors in different situations - effectively managing stress controlling impulses and motivating oneself. The ability to set and work toward personal and academic goals, including the ability to organize time and tasks.

Social Awareness

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

Responsible Decision Making

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns and social norms. The ability to identify, analyze, and solve problems. The realistic evaluation of consequences of various actions, and consideration of the well-being of oneself and others.

What Is Social and Emotional Learning?

The Collaborative for Academic, Social and Emotional Learning (CASEL) defines social and emotional learning as the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. It’s generally accepted that the five skill domains can serve as a framework for developing positive healthy habits and skills in children and adults across all learning environments.

The definition and skill domains in this tool were developed by CASEL. For more information about CASEL’s work in social and emotional learning in preschool through grade 12, visit <https://casel.org>.

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