

Alignment to CASEL's Social and Emotional Learning Competencies

What is SEL?

The Collaborative for Academic, Social, and Emotional Learning (CASEL) is a Chicago based non-profit organization that for over 20 years has been leading the nation in the area of social and emotional learning. CASEL provides a unique combination of research, practice, and policy to support its mission to help make evidence-based social and emotional learning (SEL) become an integral part of education from preschool to high school.

SEL is 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. CASEL has identified five core SEL competencies: self-awareness, self-management, social awareness, relationship skills, and responsible decision making.

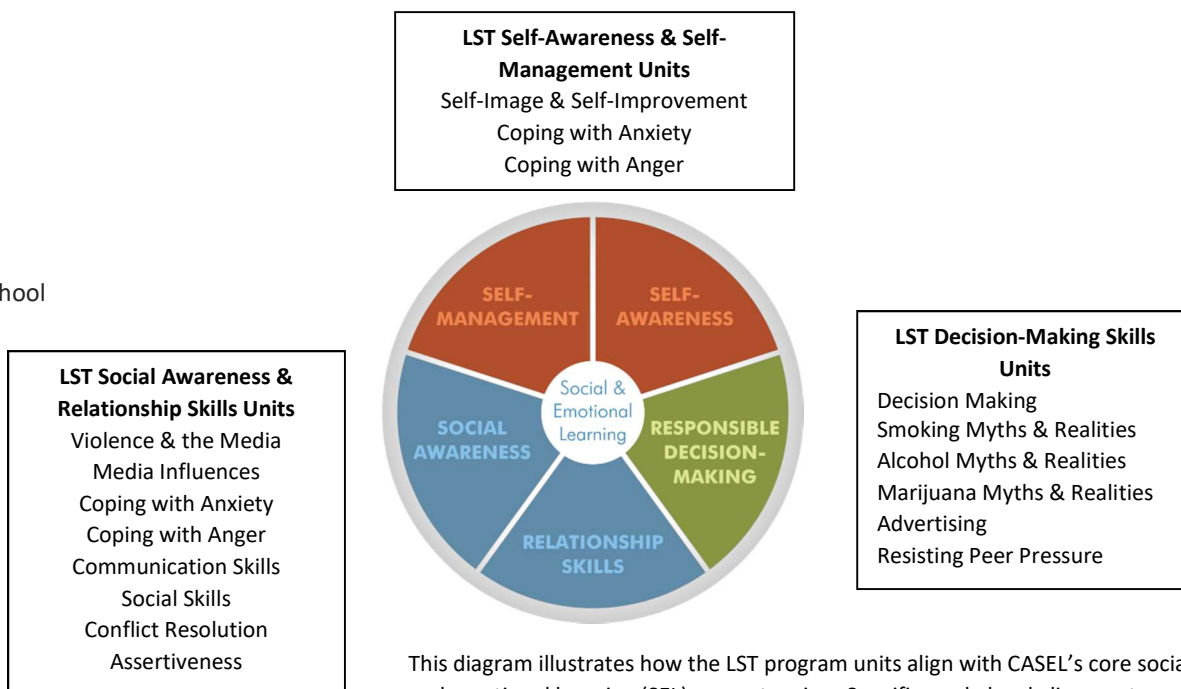
Why is SEL important?

Short-term benefits

- More positive social behaviors and attitudes
- More empathetic
- Ability to manage stress and depression
- Improved classroom behavior
- Better attitudes about themselves, others, and school
- Fewer conduct problems

Long-term benefits

- Higher academic achievement
- Decreased high school drop out rate
- Fewer arrests
- Fewer mental health disorders



This diagram illustrates how the LST program units align with CASEL's core social and emotional learning (SEL) competencies. Specific grade level alignments are provided below for LST Middle School Levels 1, 2, and 3.

Botvin LifeSkills® Training and SEL

Botvin LifeSkills® Training (LST) is an internationally recognized, evidence-based program that supports the decrease of risky behaviors such as drug and/or alcohol use, violence, aggression, and delinquency. By providing youth with effective social skills and self-management skills, such as communication and anxiety management, LST decreases the motivation to use drugs and the vulnerability to social influences that support drug use. LST provides foundational skills for successful youth development through its alignment with CASEL's five core SEL competencies. Its cognitive behavioral approach uses a variety of teaching techniques to facilitate discussion, which provides key knowledge, coaching, and behavior skill practice. LST should be considered an approach that can be used effectively used in both schools and youth-serving organizations to support the social and emotional development of youth.

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Botvin LifeSkills® Training LEVEL 1 (Grades 6/7)		
CASEL SEL Competence	Unit	Key SEL Skills
Self-Awareness	Self-Image & Self-Improvement	Self-analysis, self-improvement, goal-setting, reframing thoughts.
Self-Management	Coping with Anxiety	Recognizing anxiety and its physical effects; learning easy and healthy techniques to deal with anxiety; progressive relaxation; mental rehearsal/visualization; breathing.
	Coping with Anger	Recognizing anger, its physical effects and multiple consequences; identifying reasons and learning techniques to control anger.
Social Awareness	Violence and the Media	Analyzing perceptions about violence; comparing image and reality; resistance to media distortions.
	Social Skills	Making social contacts; giving and receiving compliments and other feedback; scripting; effective listening; being persistent; having self-awareness; feelings toward others; communication, conversation; creative thinking.
Relationship Skills	Communication Skills	Using verbal and non-verbal communication; techniques for avoiding misunderstandings; clarifying; asking questions; being specific; paraphrasing.
	Resolving Conflicts	Analyzing conflict resolution choices; controlling anger; building consensus; problem solving; negotiation and compromise.
	Assertiveness	Reflecting on actions taken, types of responses, consequences; decision-making; awareness of persuasive tactics; repertoire of refusal responses; verbal and non-verbal assertiveness; self-respect; planning; goal-setting.
Responsible Decision-Making	Making Decisions	Decision analysis; 3 Cs of effective decision-making; resisting group pressure.
	Smoking Myths & Realities	Analyzing data; checking assumptions; considering pros/cons.
	Alcohol Myths & Realities	Analyzing data; checking assumptions; considering pros/cons; separating fact from fiction.
	Marijuana Myths & Realities	Analyzing data; checking assumptions; considering pros/cons; separating fact from fiction.
	Advertising	Analyzing ads; recognizing techniques; separating fact from fiction – want from needs.

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<i>Botvin LifeSkills® Training LEVEL 2 (Grades 7/8)</i>		
CASEL SEL Competence	Unit	Key SEL Skills
Self-Awareness	Coping with Anxiety	Recognizing situations that cause anxiety.
	Coping with Anger	Recognizing anger, its physical effects, and multiple consequences.
Self-Management	Coping with Anxiety	Building repertoire of healthy stress-reduction techniques.
	Coping with Anger	Identifying reasons and learning techniques to control anger.
Social Awareness	Drug Abuse & Violence: Causes & Effects	Analyzing observations and data; questioning assumptions; reasoning; causes and effects of drug abuse and violence.
	Media Influences	Media analysis, responding critically to manipulate tactics; consumerism: separating wants from needs; personal needs from product claims.
	Social Skills	Overcoming shyness; initiating social contacts; mastering conversational skills; using open-ended questions.
Relationship Skills	Communication Skills	Effective use of verbal and non-verbal communication; sending and receiving skills; active listening; questioning, clarifying, paraphrasing.
	Assertiveness	Analyzing situations; identifying and practicing effective responses; making requests; reflecting on and expressing personal feelings; verbal and non-verbal skills.
	Resolving Conflicts	Analyzing conflict resolution choices; applying life skills (anxiety and anger reduction, decision-making, communication, social and assertiveness skills) to resolve conflicts.
Responsible Decision-Making	Making Decisions	Decision-analysis: individual, group, peer; resisting peer/group pressure.
	Resisting Peer Pressure	Analyzing and developing repertoire of responses to group pressure; analyzing interpersonal persuasive tactics and practicing resistance or refusal skills.

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Botvin LifeSkills® Training LEVEL 3 (Grades 8/9)		
CASEL SEL Competence	Unit	Key SEL Skills
Self-Awareness	Coping with Anxiety	Anxiety self-assessment.
	Coping with Anger	Recognizing anger, its causes, and consequences.
Self-Management	Coping with Anxiety	Building and reinforcing repertoire of healthy stress reduction techniques.
	Coping with Anger	Identifying reasons and techniques to control anger.
Social Awareness	Drug Abuse & Violence: Causes & Effects	Analyzing risk factors; personalizing and generalizing information on risk of use and abuse.
	Media Influences	Analyzing and resisting media influences, in general and specific to drug use.
	Social Skills	Practicing greetings and brief social exchanges; differentiating between superficial, informational, and “deep” conversations, and practicing “deep” conversation skills.
Relationship Skills	Assertiveness	Analyzing situations; identifying and practicing effective responses; saying no, making requests, asserting rights, expressing feelings; verbal and non-verbal assertive skills.
	Resolving Conflicts	
Responsible Decision-Making	Making Decisions	Decision analysis; recognizing options; application of decision-making process.
	Resisting Peer Pressure	

OVERVIEW

Botvin *LifeSkills Training* (LST) is a research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors. This comprehensive and exciting program provides adolescents and young teens with the confidence and skills necessary to successfully handle challenging situations.

Developed by Dr. Gilbert J. Botvin, a leading prevention expert, LST is backed by over 35 scientific studies and is recognized as a Model or Exemplary program by an array of government agencies including the U.S. Department of Education and the Center for Substance Abuse Prevention.

