| EMOTIONAL DEVELOPMENT (9th Grade – Adult) |
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| Understand and manage one’s emotions |
| No. | CASEL Domain | Wisconsin 9th-10th SEL Competencies | Wisconsin 11th-Adult SEL Competencies | Too Good for Violence - Social Perspectives High School |
| 1 | Self-Awareness | Learners will be able to recognize and label a variety of graded emotions in self and others as they occur and evolve over time. | Learners will be able to identify how the process of recognizing and labeling emotions informs thinking and influences relationships. | Lesson HS.3 *Feelings 101* - Identifying and Managing EmotionsLesson HS.5 *The Ties That Bind* – Bonding & Relationships |
| 2 | Self-Management | Learners will be able to express their emotions in an appropriate and respectful manner in different environments, with different audiences, using a variety of modalities (e.g., verbal and nonverbal).  | Learners will be able to understand and explain how their expression of emotions can influence how others respond to them. | Lesson HS.3 *Feelings 101* - Identifying and Managing EmotionsLesson HS.8 *Maximizing Life, Minimizing Stress* – Stress Management |
| 3 | Self-Management | Learners will be able to consistently use appropriate calming and coping strategies when dealing with strong emotions.   | Learners will be able to predict situations that will cause strong emotions, and plan and prepare to manage those emotions. | Lesson HS.3 *Feelings 101* - Identifying and Managing EmotionsLesson HS.8 *Maximizing Life, Minimizing Stress* – Stress Management |
| 4 | Focus Attention | Learners will be able to independently use organizational skills and strategies to focus attention by working toward long-term personal and academic goals. | Learners will employ focusing skills independently and understand their importance in achieving important goals in times of adversity. | Lesson HS.1 *Graduation Day* – Goal Setting Lesson HS.2 *Who’s in Charge Here?* – Decision Making |
| 5 | Social Awareness | Learners will be able to demonstrate empathy to others who have different views and beliefs. | Learners will be able to demonstrate connectedness, through empathy and engagement to their communities. | Lesson HS.3 *Feelings 101* - Identifying and Managing EmotionsLesson HS.4 *Say What You Mean, Mean What You Say* - Effective CommunicationLesson HS.5 *The Ties That Bind* – Bonding & RelationshipsLesson HS.6 *Many Rivers to Cross* – Respect for Self and Others |
| 6 | Social Awareness | Learners will be able to evaluate verbal, physical, and environmental cues to predict and respond to the emotions of others. | Learners will be able to evaluate verbal, physical, social, cultural, and environmental cues to predict and respond to the emotions of others. | Lesson HS.3 *Feelings 101* - Identifying and Managing Emotions |

| SELF-CONCEPT (9th Grade - Adult)  |
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| Develop positive self-identity and recognize self as a lifelong learner |
| No. | CASEL Domain | Wisconsin 9th-10th SEL Competencies |  Wisconsin 11th-Adult SEL Competencies | Too Good for Violence - Social Perspectives High School  |
| 7 | Self-Awareness | Learners will be able to set priorities to build personal strengths, grow in their learning, recognize barriers, and employ solutions. | Learners will be able to maintain a "growth mind set" about their abilities to succeed and grow and will persist through challenges. | Lesson HS.1 *Graduation Day* – Goal Setting Lesson HS.2 *Who’s in Charge Here?* – Decision MakingLesson HS.3 *Feelings 101* - Identifying and Managing EmotionsLesson HS.4 *Say What You Mean, Mean What You Say* - Effective Communication |
| 8 | Self-Awareness | Learners will be able to use self-reflection to determine if their behavior is reflective of their personal values and modify behavior to match their beliefs. | Learners will be able to use self-reflection to assess their behavior for authenticity, honesty, and respect and articulate how this impacts their greater community.  | Lesson HS.2 *Who’s in Charge Here?* – Decision MakingLesson HS.3 *Feelings 101* - Identifying and Managing EmotionsLesson HS.4 Say *What You Mean, Mean What You Say* - Effective CommunicationLesson HS.5 *The Ties That Bind* – Bonding & RelationshipsLesson HS.6 *Many Rivers to Cross* – Respect for Self and Others |
| 9 | Self-AwarenessSocial-Awareness | Learners will be able to reflect on their own beliefs relative to different familial and societal norms. | Learners will be able to explain how their beliefs can impact their growth and success, and advocate for their beliefs. | Lesson HS.4 *Say What You Mean, Mean What You Say* - Effective CommunicationLesson HS.6 *Many Rivers to Cross* – Respect for Self and Others |
| 10 | Self-Management | Learners will be able to reflect on the progress of personal goals in order to adjust action steps and time frames as necessary. | Learners will be able to set short- and long-term group goals, and create a plan to execute those goals. They will be able to analyze progress and collaborate to adjust goals when needed. | Lesson HS.1 *Graduation Day* – Goal Setting  |
| 11 | Self-AwarenessSelf-Management | Learners will be able to recognize barriers to succeeding and identify supports to help themselves. | Learners will be able to demonstrate perseverance when dealing with challenges and adversity. | Lesson HS.2 *Who’s in Charge Here?* – Decision MakingLesson HS.3 *Feelings 101* - Identifying and Managing EmotionsLesson HS.4 *Say What You Mean, Mean What You Say* - Effective CommunicationLesson HS.6 *Many Rivers to Cross* – Respect for Self and OthersLesson HS.7 *The Resolution Solution* – Conflict ResolutionLesson HS.8 *Maximizing Life, Minimizing Stress* – Stress Management |

| SOCIAL COMPETENCE (9th Grade - Adult) |
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| Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large |
| No. | CASEL Domain | Wisconsin 9th-10th SEL Competencies | Wisconsin 11th-Adult SEL Competencies | Too Good for Violence - Social Perspectives High School |
| 12 | Social Awareness | Learners will be able to identify positive ways to express understanding of differing perspectives. | Learners will be able to demonstrate conversational skills to determine the perspective of others. | Lesson HS.4 *Say What You Mean, Mean What You Say* - Effective CommunicationLesson HS.5 *The Ties That Bind* – Bonding & RelationshipsLesson HS.6 *Many Rivers to Cross* – Respect for Self and Others |
| 13 | Social Awareness | Learners will be able to support the rights of individuals to reflect their family, culture, and community within the school setting. | Learners will be able to support the rights of all individuals to reflect their family, culture, and community in society. | Lesson HS.5 *The Ties That Bind* – Bonding & RelationshipsLesson HS.6 *Many Rivers to Cross* – Respect for Self and Others |
| 14 | Social Awareness | Learners will be able to assess for personal bias and evaluate strategies to oppose stereotyping. | Learners will be able to develop ethical arguments from a variety of ethical positions to evaluate societal norms. | Lesson HS.4 *Say What You Mean, Mean What You Say* - Effective CommunicationLesson HS.6 *Many Rivers to Cross* – Respect for Self and Others |
| 15 | Relationship Skills | Learners will be able to independently seek and sustain positive, supportive relationships. | Learners will be able to maintain positive relationships and use effective strategies (e.g., boundary setting, stating your needs, and recognizing warning signs) to avoid negative relationships. | Lesson HS.3 *Feelings 101* - Identifying and Managing EmotionsLesson HS.4 *Say What You Mean, Mean What You Say* - Effective CommunicationLesson HS.5 *The Ties That Bind* – Bonding & RelationshipsLesson HS.6 *Many Rivers to Cross* – Respect for Self and OthersLesson HS.7 *The Resolution Solution* – Conflict ResolutionLesson HS.9 *#Compatibility* – Healthy Dating Relationships |
| 16 | Relationship Skills | Learners will be able to use assertive communication, including refusals, in a variety of settings and with a variety of audiences to get their needs met, without negatively impacting others.  | Learners will be able to use assertive communication, including refusals, to get their needs met without negatively impacting others. | Lesson HS.3 *Feelings 101* - Identifying and Managing EmotionsLesson HS.4 *Say What You Mean, Mean What You Say* - Effective Communication |
| 17 | Relationship Skills | Learners will be able to accept constructive feedback. | Learners will be able to evaluate constructive feedback and provide constructive feedback when needed. | Lesson HS.2 *Who’s in Charge Here?* – Decision MakingLesson HS.3 *Feelings 101* - Identifying and Managing EmotionsLesson HS.4 *Say What You Mean, Mean What You Say* - Effective CommunicationLesson HS.6 *Many Rivers to Cross* – Respect for Self and Others |
| 18 | Relationship Skills | Learners will be able to formulate group goals and work through an agreed upon plan. | Learners will be able to recognize how each group member’s skills contribute toward group goals.  | Lesson HS.1 *Graduation Day* – Goal Setting Lesson HS.2 *Who’s in Charge Here?* – Decision MakingLesson HS.6 *Many Rivers to Cross* – Respect for Self and Others |

| SOCIAL COMPETENCE (9th Grade – Adult continued) |
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| Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large |
| No. | CASEL Domain | Wisconsin 9th-10th SEL Competencies | Wisconsin 11th-Adult SEL Competencies | Too Good for Violence - Social Perspectives High School  |
| 19 | Relationship Skills | Learners will be able to self-reflect on their role in a conflict to inform their behavior in the future. | Learners will be able to consistently resolve inter-personal conflicts across settings (e.g., school, work, community, and personal relationships). | Lesson HS.3 *Feelings 101* - Identifying and Managing EmotionsLesson HS.4 *Say What You Mean, Mean What You Say* - Effective CommunicationLesson HS.5 *The Ties That Bind* – Bonding & RelationshipsLesson HS.6 *Many Rivers to Cross* – Respect for Self and OthersLesson HS.7 *The Resolution Solution* – Conflict Resolution |
| 20 | Decision Making  | Learners will be able to apply steps of systemic decision making with consideration of well-being for oneself and others. | Learners will be able to consider a variety of factors (e.g., ethical, safety, and societal factors) in order to make decisions that promote productive social and work relations.  | Lesson HS.2 *Who’s in Charge Here?* – Decision MakingLesson HS.3 *Feelings 101* - Identifying and Managing EmotionsLesson HS.4 *Say What You Mean, Mean What You Say* - Effective CommunicationLesson HS.5 *The Ties That Bind* – Bonding & RelationshipsLesson HS.6 *Many Rivers to Cross* – Respect for Self and OthersLesson HS.9 *#Compatibility* – Healthy Dating Relationships |
| 21 | Social Awareness | Learners will be able to identify the purpose of social norms for behavior across situations and how these norms are influenced by public opinion. | Learners will be able to evaluate the ways in which public opinion can be used to influence and shape public policy.  | Lesson HS.2 *Who’s in Charge Here?* – Decision MakingLesson HS.4 *Say What You Mean, Mean What You Say* - Effective CommunicationLesson HS.6 *Many Rivers to Cross* – Respect for Self and Others |
| 22 | Decision MakingRelationship Skills | Learners will be able to use negotiation and refusal skills to resist unwanted pressures and maintain personal health and safety. | Learners will be able to evaluate factors that impact personal and community health and safety, and apply appropriate preventative and protective strategies (e.g., health and wellness, sleep, healthy relationships). | Lesson HS.2 *Who’s in Charge Here?* – Decision MakingLesson HS.3 *Feelings 101* - Identifying and Managing EmotionsLesson HS.4 *Say What You Mean, Mean What You Say* - Effective CommunicationLesson HS.5 *The Ties That Bind* – Bonding & RelationshipsLesson HS.6 *Many Rivers to Cross* – Respect for Self and OthersLesson HS.7 *The Resolution Solution* – Conflict ResolutionLesson HS.8 *Maximizing Life, Minimizing Stress* – Stress ManagementLesson HS.*9 #Compatibility* – Healthy Dating RelationshipsLesson HS.10 *Finding Perspective* – Social Media Awareness |
| 23 | Social AwarenessRelationship Skills | Learners will be able to advocate for their needs and the needs of others by utilizing educational and community support networks.  | Learners will be able generate positive choices and proactively advocate for themselves and others across settings (e.g., school, community, work, and personal relationships). | Lesson HS.2 *Who’s in Charge Here?* – Decision MakingLesson HS.3 *Feelings 101* - Identifying and Managing EmotionsLesson HS.4 *Say What You Mean, Mean What You Say* - Effective CommunicationLesson HS.5 *The Ties That Bind* – Bonding & RelationshipsLesson HS.6 *Many Rivers to Cross* – Respect for Self and OthersLesson HS.9 *#Compatibility* – Healthy Dating Relationships |
| 24 | Decision MakingSocial AwarenessRelationship Skills | Learners will be able to independently create an action plan that addresses real needs in the classroom, school, and community. | Learners will be able to analyze opportunities to improve their community and engage in civic activities to influence issues impacting various communities. | Lesson HS.2 *Who’s in Charge Here?* – Decision MakingLesson HS.4 *Say What You Mean, Mean What You Say* - Effective Communication |