No	Wisconsin Social Emotional Learning Competencies	CASEL Domain	Leader in Me Competencies and Curriculum			
1	Grades 9-10: Learners will be able to recognize and label a variety of graded emotions in self and others as they occur and evolve over time. Grades 11-Adult: Learners will be able to	Self-Awareness	STUDENT LEADERSHIP PORTRAIT COMPETENCIES Self-Regulation Empathy Develop Strengths Continuously Improve			
	entify how the process of recognizing and beling emotions informs thinking and fluences relationships.		COURSE CONCEPTS Life Readiness Principles of Effectiveness Be Proactive Begin With the End in Mind Seek First to Understand, Then to be Understod Synergize	Career Readiness Welcome Find Your Voice	College Readiness • Foundation	Leadership Readiness Getting Started Modeling: Inspiring Trust
	Grades 9-10: 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). Grades 11-Adult: Learners will be able to understand and explain how their expression of emotions can influence how others respond to them.	Self- Management	STUDENT LEADERSHIP Self-Regulation Communication Continuously Improve Cultivate Trust COURSE CONCEPTS Life Readiness Principles of Effectiveness Be Proactive Begin With the End in Mind Put First Things First Seek First to Understand, Then to be Understood Sharpen the Saw	Career Readiness Welcome Find Your Voice	College Readiness • Foundation	Leadership Readiness • Getting Started • Modeling: Inspiring Trust



ΕN	EMOTIONAL DEVELOPMENT (Grades 9-Adult) Understand and manage one's emotions								
3	Grades 9-10: Learners will be able to consistently use appropriate calming and coping strategies when dealing with strong emotions.	Self- Management	STUDENT LEADERSHIP Self-Regulation Develop Strengths Achieve Goals Continuously Improve	trengths oals					
	Grades 11-Adult: Learners will be able to predict situations that will cause strong emotions, and plan and prepare to manage those emotions.		COURSE CONCEPTS Life Readiness Principles of Effectiveness Be Proactive Begin With the End in Mind Put First Things First Seek First to Understand, Then to be Understood Sharpen the Saw	Career Readiness Welcome Sharing Your Voice One-on-One Sharing Your Voice Digitally Sharing Your Voice in Groups Sharing Your Voice in the Workplace	College Readiness Foundation Take Charge of Your Health Take Charge of Your Social Life	Leadership Readiness Getting Started Modeling: Inspiring Trust			
4	Grades 9-10: Learners will be able to independently use organizational skills and strategies to focus attention by working toward long-term personal and academic goals. Grades 11-Adult: Learners will employ focusing	Focus Attention	STUDENT LEADERSHIP Self-Regulation Vision Time Management Higher-Order Thinking Achieve Goals	PORTRAIT COMPETENC	IES				
	skills independently and understand their importance in achieving important goals in times of adversity.		COURSE CONCEPTS Life Readiness Principles of Effectiveness Be Proactive Begin With the End in Mind Put First Things First	Career Readiness Welcome Sharing Your Voice One-on-One Sharing Your Voice in Groups Sharing Your Voice in the Workplace	College Readiness Foundation Take Charge of Your Time Take Charge of Your Health Take Charge of Your Social Life Take Charge of Your Learning Take Charge of Getting In Take Charge of Your Finances	Leadership Readiness Getting Started Modeling: Inspiring Trust Pathfinding: Setting Vision Aligning: Establishing Systems & Structures			



EMO	OTIONAL DEVELOPMENT (Grades 9-A	Adult) Unde		ne's emotions		
5	Grades 9-10: Learners will be able to demonstrate empathy to others who have different views and beliefs. Grades 11-Adult: Learners will be able to demonsrate connectedness, through empathy and engagement to their communities.	Social Awareness	STUDENT LEADERSHIP PORTRAIT COMPETENCIES Relationship Building Empathy Communication Collaboration Cultivate Trust Align Teams			
			COURSE CONCEPTS Life Readiness Principles of Effectiveness Think Win-Win Seek First to Understand, Then to be Understood Synergize	Career Readiness Welcome Find Your Voice Sharing Your Voice One-on-One Sharing Your Voice Digitally Sharing Your Voice in Groups Sharing Your Voice in the Workplace Sharing your Voice in the Global Market	College Readiness Foundation Take Charge of Your Social Life Take Charge of Your Contributions	Leadership Readiness Getting Started Modeling: Inspiring Trust
6	Grades 9-10: Learners will be able to evaluate verbal, physical, and environmental cues to predict and respond to the emotions of others. Grades 11-Adult: Learners will be able to evaluate verbal, physical, social, cultural, and environmental cues to predict and respond to the emotions of others.	Social Awareness	STUDENT LEADERSHIP Relationship Building Empathy Communication Collaboration Actively Contribute Cultivate Trust Empower Potential COURSE CONCEPTS Life Readiness Principles of Effectiveness Think Win-Win Seek First to Understand, Then to be Understood Synergize	Career Readiness Welcome Sharing Your Voice One-on-One Sharing Your Voice Digitally Sharing Your Voice in Groups	College Readiness • Foundation • Take Charge of Your Social Life • Take Charge of Your Contributions	Leadership Readiness • Getting Started • Modeling: Inspiring Trust



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	Sharing Your Voice in the Workplace							
	the Workplace							

SELF-	SELF-CONCEPT (Grades 9-Adult) Develop positive self-identity and recognize self as a lifelong learner								
No	Wisconsin Social Emotional Learning Competencies	CASEL Domain	Leader in Me Competencies and Curriculum						
7	Grades 9-10: Learners will be able to set priorities to build personal strengths, grow in their learning, recognize barriers, and employ solutions. Grades 11-Adult: Learners will be able to maintain a "growth mind set" about their abilities to succeed and grow and will persist through challenges.	Self-Awareness	STUDENT LEADERSHIP Self-Regulation Vision Higher-Order Thinking Develop Strengths Actively Contribute Continuously Improve COURSE CONCEPTS Life Readiness Principles of Effectiveness Be Proactive Begin With the End in Mind Seek First to Understand, Then to be Understod Synergize	Career Readiness Welcome Find Your Voice Sustaining Your Voice	College Readiness Foundation Take Charge of Your Health Take Charge of Your Learning Take Charge of Getting In Take Charge of Your Finances	Leadership Readiness Getting Started Pathfinding: Setting Vision Aligning: Establishing Systems & Structures			



SELF-CONCEPT (Grades 9-Adult) -- Develop positive self-identity and recognize self as a lifelong learner

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8	Grades 9-10: 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. Grades 11-Adult: Learners will be able to use self-reflection to assess their behavior for authenticity, honesty, and respect and	Self-Awareness	STUDENT LEADERSHIP PORTRAIT COMPETENCIES Self-Regulation Vision Higher-Order Thinking Develop Strengths Actively Contribute Continuously Improve			
	articulate how this impacts their greater community.		COURSE CONCEPTS Life Readiness Principles of Effectiveness Be Proactive Begin With the End in Mind Seek First to Understand, Then to be Understod Synergize	Career Readiness Welcome Find Your Voice	College Readiness	Leadership Readiness Getting Started Modeling: Inspiring Trust Pathfinding: Setting Vision
9	Grades 9-10: Learners will be able to reflect on their own beliefs relative to different familial and societal norms. Grades 11-Adult: Learners will be able to explain how their beliefs can impact their growth and success, and advocate for their beliefs.	Self-Awareness Social- Awareness	STUDENT LEADERSHIP PORTRAIT COMPETENCIES Relationship Building Communication Collaboration Actively Contribute Cultivate Trust Empower Potential Share Purpose			
			COURSE CONCEPTS Life Readiness Principles of Effectiveness Be Proactive Begin With the End in Mind Think Win-Win Seek First to Understand, Then to be Understood	Career Readiness Welcome Find Your Voice Sharing Your Voice One-on-One Sharing Your Voice Digitally Sharing Your Voice in Groups	College Readiness Foundation Take Charge of Your Social Life Take Charge of Your Contributions Take Charge of Your Learning	 Leadership Readiness Getting Started Modeling: Inspiring Trust Pathfinding: Setting Vision



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			Synergize	 Sharing Your Voice in the Workplace Sharing your Voice in the Global Market Sustaining Your Voice 		
10	Grades 9-10: Learners will be able to reflect on the progress of personal goals in order to adjust action steps and time frames as necessary. Grades 11-Adult: 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	Self- Management	STUDENT LEADERSHIP Self-Regulation Vision Time Management Achieve Goals Actively Contribute Continuously Improve COURSE CONCEPTS	PORTRAIT COMPETENC	IES	
	adjust goals when needed.		 Life Readiness Principles of Effectiveness Be Proactive Begin With the End in Mind Put First Things First Seek First to Understand, Then to be Understood Sharpen the Saw 	Career Readiness Welcome Sustaining Your Voice	College Readiness Foundation Take Charge of Your Time Take Charge of Your Health Take Charge of Your Learning Take Charge of Getting In Take Charge of Your Finances	 Leadership Readiness Getting Started Pathfinding: Setting Vision Aligning: Establishing Systems & Structures
11	Grades 9-10: Learners will be able to recognize barriers to succeeding and identify supports to help themselves. Grades 11-Adult: Learners will be able to demonstrate perseverance when dealing with challenges and adversity.	Self- Awareness Self- Management	STUDENT LEADERSHIP Vision Time Management Higher-Order Thinking Develop Strengths Achieve Goals Continuously Improve	PORTRAIT COMPETENC	IES	
			COURSE CONCEPTS Life Readiness Principles of Effectiveness Be Proactive Begin With the End in	Career Readiness • Welcome • Find Your Voice • Sharing Your Voice One-on-One	College Readiness Foundation Take Charge of Your Time Take Charge of Your	Leadership Readiness Getting Started Pathfinding: Setting Vision Aligning: Establishing



	Mind Put First Things First Seek First to Understand, Then to be Understood Synergize Sharpen the Saw		 Sharing Your Voice Digitally Sharing Your Voice in Groups Sharing Your Voice in the Workplace Sharing your Voice in the Global Market Sustaining Your Voice 	Health Take Charge of Your Learning Take Charge of Getting In Take Charge of Your Finances	Systems & Structures



SOCIAL COMPETENCE (Grades 9-Adult) -- Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large

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No	Wisconsin Social Emotional Learning Competencies	CASEL Domain		Leader in Me Competencies and Curriculum			
12	Grades 9-10: Learners will be able to identify positive ways to express understanding of differing perspectives. Grades 11-Adult: Learners will be able to demonstrate conversational skills to determine the perspective of others.	Social Awareness	STUDENT LEADERSHIP Relationship Building Empathy Communication Collaboration Actively Contribute Empower Potential Align Teams	mpathy Communication Collaboration Cotively Contribute Compower Potential			
			COURSE CONCEPTS Life Readiness Principles of Effectiveness Think Win-Win Seek First to Understand, Then to be Understood Synergize	Career Readiness Welcome Find Your Voice Sharing Your Voice One-on-One Sharing Your Voice Digitally Sharing Your Voice in Groups Sharing Your Voice in the Workplace Sharing your Voice in the Global Market Sustaining Your Voice	College Readiness Foundation Take Charge of Your Social Life Take Charge of Your Contributions Take Charge of Your Learning	Leadership Readiness Getting Started Modeling: Inspiring Trust Pathfinding: Setting Vision Aligning: Establishing Systems & Structures Empowering: Unleashing Talent	
13	Grades 9-10: Learners will be able to support the rights of individuals to reflect their family, culture, and community within the school setting. Grades 11-Adult: Learners will be able to support the rights of all individuals to reflect their family, culture, and community in society.	Social Awareness	STUDENT LEADERSHIP Relationship Building Empathy Communication Collaboration Actively Contribute Cultivate Trust Align Teams Empower Potential COURSE CONCEPTS	PORTRAIT COMPETENC	DIES		



			Life Readiness Principles of Effectiveness Be Proactive Begin With the End in Mind Put First Things First	Career Readiness Welcome Sharing Your Voice One-on-One Sharing Your Voice Digitally Sharing Your Voice in Groups Sharing Your Voice in the Workplace Sharing your Voice in the Global Market	College Readiness Foundation Take Charge of Your Social Life Take Charge of Your Contributions Take Charge of Your Learning	Leadership Readiness Getting Started Modeling: Inspiring Trust Aligning: Establishing Systems & Structures Empowering: Unleashing Talent
14	Grades 9-10: Learners will be able to assess for personal bias and evaluate strategies to oppose stereotyping. Grades 11-Adult: Learners will be able to develop ethical arguments from a variety of ethical positions to evaluate societal norms.	Social Awareness	STUDENT LEADERSHIP Relationship Building Empathy Communication Collaboration Actively Contribute Cultivate Trust Align Teams Empower Potential	PORTRAIT COMPETENC	IES	
			COURSE CONCEPTS Life Readiness Principles of Effectiveness Think Win-Win Seek First to Understand, Then to be Understood Synergize	Career Readiness Find Your Voice Sharing Your Voice One-on-One Sharing Your Voice Digitally Sharing Your Voice in Groups Sharing Your Voice in the Workplace Sharing your Voice in the Global Market Sustaining Your Voice	College Readiness Foundation Take Charge of Your Social Life Take Charge of Your Contributions Take Charge of Your Learning	Leadership Readiness Getting Started Modeling: Inspiring Trust Pathfinding: Setting Vision Aligning: Establishing Systems & Structures Empowering: Unleashing Potential
15	Grades 9-10: Learners will be able to independently seek and sustain positive, supportive relationships.	Relationship Skills	STUDENT LEADERSHIP Relationship Building Communication Collaboration	PORTRAIT COMPETENC	IES	



	Grades 11-Adult: 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.		Actively Contribute Cultivate Trust Share Purpose Align Teams	<u> </u>		
	signs) to avoid negative relationships.	Relationship Skills	COURSE CONCEPTS Life Readiness Principles of Effectiveness Think Win-Win Seek First to Understand, Then to be Understood Synergize	Career Readiness Welcome Find Your Voice Sharing Your Voice One-on-One Sharing Your Voice Digitally Sharing Your Voice in Groups Sharing Your Voice in the Workplace Sharing your Voice in the Global Market Sustaining Your Voice	College Readiness Foundation Take Charge of Your Social Life Take Charge of Your Contributions Take Charge of Your Learning	Leadership Readiness Getting Started Modeling: Inspiring Trust Aligning: Establishing Systems & Structures
16	Grades 9-10: Learners will be able to use assertive communication, including refusals, to get their needs met without negatively impacting others. Grades 11-Adult: Learners will be able to use assertive communication, including refusals,	Relationship Skills	STUDENT LEADERSHIP Relationship Building Communication Collaboration Actively Contribute Share Purpose Align Teams	PORTRAIT COMPETENC	IES	
	in a variety of settings and with a variety of audiences to get their needs met, without negatively impacting others.		COURSE CONCEPTS Life Readiness Principles of Effectiveness Seek First to Understand, Then to be Understood Synergize	Career Readiness Welcome Find Your Voice Sharing Your Voice One-on-One Sharing Your Voice Digitally Sharing Your Voice in Groups Sharing Your Voice in the Workplace Sharing your Voice in	College Readiness Foundation Take Charge of Your Social Life Take Charge of Your Contribution Take Charge of Your Learning Take Charge of Your Finances	Leadership Readiness Getting Started Modeling: Inspiring Trust Aligning: Establishing Systems & Structures



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				the Global Market • Sustaining Your Voice		
17	Grades 9-10: Learners will be able to accept constructive feedback. Grades 11-Adult: Learners will be able to evaluate constructive feedback and provide constructive feedback when needed.	Relationship Skills	STUDENT LEADERSHIP PORTRAIT COMPETENCIES Relationship Building Communication Empathy Achieve Goals			
			COURSE CONCEPTS Life Readiness Principles of Effectiveness Think Win-Win Seek First to Understand, Then to be Understood Synergize	Career Readiness Welcome Sharing Your Voice One-on-One Sharing Your Voice Digitally Sharing Your Voice in the Workplace Sharing your Voice in the Global Market	College Readiness Foundation Take Charge of Your Learning	Leadership Readiness Getting Started Modeling: Inspiring Trust Aligning: Establishing Systems & Structures Empowering: Unleashing Talent
18	Grades 9-10: Learners will be able to formulate group goals and work through an agreed upon plan. Grades 11-Adult: Learners will be able to recognize how each group member's skills contribute toward group goals.	Relationship Skills	STUDENT LEADERSHIP Relationship Building Communication Empathy Collaboration Actively Contribute Cultivate Trust Share Purpose Align Teams	PORTRAIT COMPETENC	IES	
			COURSE CONCEPTS Life Readiness Principles of Effectiveness Seek First to Understand, Then to be Understood Synergize	Career Readiness Welcome Find Your Voice Sharing Your Voice in Groups Sharing Your Voice in the Workplace Sharing your Voice in the Global Market	 College Readiness Foundation Take Charge of Your Social Life Take Charge of Your Contribution Take Charge of Your Learning 	Leadership Readiness Getting Started Modeling: Inspiring Trust Pathfinding: Setting Vision Aligning: Establishing Systems & Structures Empowering: Unleashing Talent



SOCIAL COMPETENCE (Grades 9-Adult) -- Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large

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19	Grades 9-10: Learners will be able to self-reflect on their role in a conflict to inform their behavior in the future. Grades 11-Adult: Learners will be able to consistently resolve inter-personal conflicts across settings (e.g., school, work, community, and personal relationships).	Relationship Skills	STUDENT LEADERSHIP PORTRAIT COMPETENCIES Relationship Building Communication Collaboration Empathy Actively Contribute Share Purpose Align Teams			
			COURSE CONCEPTS Life Readiness Principles of Effectiveness Seek First to Understand, Then to be Understood Synergize	Career Readiness Welcome Find Your Voice Sharing Your Voice One-on-One Sharing Your Voice Digitally Sharing Your Voice in Groups Sharing Your Voice in the Workplace Sharing your Voice in the Global Market Sustaining Your Voice	College Readiness Foundation Take Charge of Your Social Life Take Charge of Your Contribution Take Charge of Your Learning	Leadership Readiness Getting Started Modeling: Inspiring Trust Aligning: Establishing Systems & Structures Empowering: Unleashing Talent
20	Grades 9-10: Learners will be able to apply steps of systemic decision making with consideration of well-being for oneself and others. Grades 11-Adult: 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.	Decision Making	STUDENT LEADERSHIP Higher-Order Thinking Reationship Building Empathy Collaboration Actively Contribute Continuously Improve Cultivate Trust Share Purpose COURSE CONCEPTS	PORTRAIT COMPETENCI		
			Life Readiness	Career Readiness	College Readiness	Leadership Readiness



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			 Principles of Effectiveness Seek First to Understand, Then to be Understood Synergize 	 Welcome Sharing Your Voice One-on-One Sharing Your Voice Digitally Sharing Your Voice in Groups Sharing Your Voice in the Workplace Sharing your Voice in the Global Market 	 Foundation Take Charge of Your Health Take Charge of Your Social Life Take Charge of Your Contribution Take Charge of Your Learning Take Charge of Getting In Take Charge of Your Finances 	 Getting Started Modeling: Inspiring Trust Aligning: Establishing Systems & Structures Empowering: Unleashing Talent 	
21	Grades 9-10: Learners will be able to identify the purpose of social norms for behavior across situations and how these norms are influenced by public opinion. Grades 11-Adult: Learners will be able to evaluate the ways in which public opinion can be used to influence and shape public policy.	Social Awareness	Relationship Building Communication Empathy Collaboration Actively Contribute Cultivate Trust COURSE CONCEPTS Life Readiness Principles of Effectiveness Seek First to Understand, Then to be Understood Synergize	Career Readiness • Welcome • Sharing Your Voice One-on-One • Sharing Your Voice Digitally • Sharing Your Voice in Groups • Sharing Your Voice in the Workplace • Sharing your Voice in the Global Market	College Readiness Foundation Take Charge of Your Social Life Take Charge of Your Contribution Take Charge of Your Learning	Leadership Readiness Getting Started Modeling: Inspiring Trust Aligning: Establishing Systems & Structures Empowering: Unleashing Talent	
22	Grades 9-10: Learners will be able to use negotiation and refusal skills to resist unwanted pressures and maintain personal health and safety. Grades 11-Adult: Learners will be able to	Decision Making Relationship Skills	STUDENT LEADERSHIP Higher-Order Thinking Vision Relationship Building Empathy Communication	PORTRAIT COMPETENCI	ES		



	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).		Collaboration Actively Contribute Continuously Improve Share Purpose	I		
			COURSE CONCEPTS Life Readiness Principles of Effectiveness Seek First to Understand, Then to be Understood Synergize	Career Readiness Welcome Find Your Voice Sharing Your Voice One-on-One Sharing Your Voice Digitally Sharing Your Voice in Groups Sharing Your Voice in the Workplace Sharing your Voice in the Global Market Sustaining Your Voice	College Readiness Foundation Take Charge of Your Health Take Charge of Your Social Life Take Charge of Your Learning Take Charge of Your Finances	Leadership Readiness Getting Started Aligning: Establishing Systems & Structures
23	Grades 9-10: Learners will be able to advocate for their needs and the needs of others by utilizing educational and community support networks. Grades 11-Adult: Learners will be able generate positive choices and proactively advocate for themselves and others across settings (e.g., school, community, work, and personal relationships).	Social Awareness Relationship Skills	STUDENT LEADERSHIP PORTRAIT COMPETENCIES Relationship Building Communication Collaboration Continuously Improve Cultivate Trust			
			COURSE CONCEPTS Life Readiness Principles of Effectiveness Seek First to Understand, Then to be Understood Synergize	Career Readiness Welcome Find Your Voice Sharing Your Voice One-on-One Sharing Your Voice Digitally Sharing Your Voice in Groups Sharing Your Voice in the Workplace Sharing your Voice in the Global Market	College Readiness Foundation Take Charge of Your Social Life Take Charge of Your Contribution Take Charge of Your Learning Take Charge of Your Finances	Leadership Readiness



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				Sustaining Your Voice				
24	Grades 9-10: Learners will be able to independently create an action plan that addresses real needs in the classroom, school, and community. Grades 11-Adult: Learners will be able to analyze opportunities to improve their community and engage in civic activities to influence issues impacting various communities.	Decision Making Social Awareness Relationship Skills	STUDENT LEADERSHIP Higher-Order Thinking Vision Time Management Relationship Building Communication Collaboration Develop Strengths Achieve Goals Actively Contribute Share Purpose Align Teams COURSE CONCEPTS Life Readiness Principles of Effectiveness Put First Things First Seek First to Understand, Then to be Understood Synergize	Career Readiness Welcome Sharing Your Voice One-on-One Sharing Your Voice in Groups Sharing Your Voice in the Workplace Sharing your Voice in the Global Market	College Readiness Foundation Take Charge of Your Time Take Charge of Your Social Life Take Charge of Your Contribution Take Charge of Your Learning	Leadership Readiness Getting Started Pathfinding: Setting Vision Aligning: Establishing Systems & Structures Empowering: Unleashing Talent		

