



## Crosswalk of College & Career Success Learning Outcomes to CASEL Core SEL (Social Emotional Learning) Competencies

| CASEL Core SEL  |  | College & Career Success   |  |   |
|-----------------|--|--|--|---|
| Competency      | Facet  | Chapter  | Pages  | Learning Outcome  |
| Self-Awareness  | Identifying emotions                           | 3. Exploring Multiple Intelligences, Interests, and Values                                   | 4-6: Exploring Multiple Intelligences  | Use emotional intelligence to increase college, career, and lifelong success.   |
|                 | Accurate self-perception                       | 2. Exploring Your Personality and Major  | 2-12: Exploring Personal Strengths   | Choose a major based on your personal strengths, interests, and values.   |
|                 |  | 3. Exploring Multiple Intelligences, Interests, and Values                                   | 4-6: Exploring Multiple Intelligences  |   |
|                 |  |  | 8-9: Exploring Interests   |   |
|                 |  |  | 10-11: Using Values to Make Important Life Decisions   |   |
|                 |  |  |  |   |
|                 | Recognizing strengths                          | 2. Exploring Your Personality and Major  | TruTalent Personality Assessment   | Assess personality, multiple intelligences, interests, skills and values to identify personal strengths and challenges. |
|                 |  |  | TruTalent Skills Assessment  |   |
|                 |  |  | TruTalent Intelligences Assessment   |   |
|                 |  | 3. Exploring Multiple Intelligences, Interests, and Values                                   | 8: Interest Profiler   |   |
|                 |  | 11: Values Checklist   |  |   |
|                 |  | 4. Exploring Work Skills for the 21st Century  |  |   |
| Self-confidence | 1. Understanding Motivation                    | 6-12: Mindset, positive thinking, grit, locus of control, intrinsic and extrinsic motivation | Students will examine motivational strategies and apply them to their success in college, careers, and life. |   |
| Self-efficacy   | 1. Understanding Motivation                    | 6-12: Mindset, positive thinking, grit, locus of control, intrinsic and extrinsic motivation | Students will take responsibility for creating their own success.  |   |
|                 | 7. Using Brain Science to Improve Study Skills | 12: Create Your Success  |  |   |

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| Self-Management                                | Impulse control  | 1. Understanding Motivation   | 6-12: Mindset, positive thinking, grit, locus of control, intrinsic and extrinsic motivation | Students will practice motivational techniques to create their success.                    |
|  |  |   |  | Students will set goals and manage time and money to accomplish them.                      |
|  |  | 5. Managing Time and Money  | 3-12: Lifetime goals, time and money management  |  |
|  | Stress management  | 6. Using Brain Science to Improve Memory  | 8-9: Stress, Relaxation and Learning   | Understand the causes of stress and practice relaxation techniques.                        |
|  |  | 13. Thinking Positively About the Future  | 14: Making Positive Changes in Your Life   | Make a plan for making positive changes in life.   |
|  | Self-discipline  | 1. Understanding Motivation   | 6-12: Mindset, positive thinking, grit, locus of control, intrinsic and extrinsic motivation | Understand the effect of mindset, grit, self-control, and positive thinking on achievement |
|  | Self-motivation  | 1. Understanding Motivation   | 6-12: Mindset, positive thinking, grit, locus of control, intrinsic and extrinsic motivation | Learn motivation techniques for success in college, careers, and life.                     |
|  | Goal-setting   | 5. Managing Time and Money  | 3-4: Lifetime Goals  | Write short-term, intermediate and long-term goals for the future.                         |
|  | Organizational skills  | 4. Planning Your Career and Education   | 9: Planning Your Education   | Students will make an educational plan that matches their career goals.                    |
|  |  |   | 10: Your Resume  |  |
|  |  |   | 13: The Job Interview  | Students will practice the skills necessary to find employment.                            |
|  |  | 5. Managing Time and Money  | 7-8: Scheduling your time  | Students will learn time management skills to accomplish lifetime goals.                   |
|  |  |   | 5-12: Time management  |  |
|  |  | 6. Using Brain Science to Improve Memory  | 2-8: Research based memory strategies  | Students will practice research based memory techniques.                                   |
| 7. Using Brain Science to Improve Study Skills |  | 2-8: Reading, study skills, e-learning, textbook marking, math success              | Students will practice research-based memory techniques.                                     |  |
| 8. Taking Notes, Writing, and Speaking         | 2-15: Listening to a college lecture, taking notes, writing, and public speaking | Students will practice research based reading and study skills for college success. |  |  |

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| Competency   | Facet                                  | Chapter  | Pages   | Learning Outcome  |
| Self-Management continued  | Organizational skills                  | 9. Test Taking   | 2-17: Test preparation, test anxiety, math anxiety, test taking strategies  | Students will practice effective strategies for success on exams.   |
| Responsible Decision-Making  | Identifying problems                   | 3. Exploring Multiple Intelligences, Interests, and Values | 12: Making Good Decisions   | Practice the steps in making good decisions, including career decisions.  |
|  |  |  | 13: Making a Planful Decision   |   |
|  | Analyzing situations                   | 3. Exploring Multiple Intelligences, Interests, and Values | 12: Making Good Decisions   | Practice the steps in making good decisions, including career decisions.  |
|  |  |  | 13: Making a Planful Decision   |   |
|  | Solving problems                       | 1. Understanding Motivation                                | 4: Choosing a Major and Career  | Practice the steps in making good decisions, including career decisions.  |
|  | Evaluating                             | 11. Thinking Critically and Creatively                     | 2: What is Critical Thinking?   | Students will identify fallacies in reasoning, cognitive biases, and the steps in the scientific method, and apply these thinking techniques to practical situations.                                 |
| 3-8: Fallacies in Reasoning, Cognitive Biases, and the Scientific Method |  |  |   |   |
| Reflecting   | 11. Thinking Critically and Creatively | 9-11: Critical Thinking and Moral Reasoning                | Students will practice critical thinking techniques.  |   |
| Ethical responsibility   | 11. Thinking Critically and Creatively | 11: What is Moral Reasoning?                               | Students will apply moral reasoning to practical situations.  |   |
| Relationship Skills  | Communication                          | 10. Communication and Relationships                        | 2-12: Communication style, problems in communication, techniques for good listening, communication in a crisis  | Students will analyze their communication style based on their personality type and practice effective communication techniques which can be used to improve personal and professional relationships. |
|  | Social engagement                      | 10. Communication and Relationships                        | 7: Communication for Success  | Students will analyze their communication style based on their personality type and practice effective communication techniques which can be used to improve personal and professional relationships. |
|  | Relationship-building                  | 10. Communication and Relationships                        | 15: Friendships   | Students will analyze their communication style based on their personality type and practice effective communication techniques which can be used to improve personal and professional relationships. |
|  |  |  | 16: Living with Others  |   |
| Teamwork   | 10. Communication and Relationships    | 10: The Language of Responsibility                         | Students will analyze their communication style based on their personality type and practice effective communication techniques which can be used to improve personal and professional relationships. |   |
|  |  | 14: Conflict Management                                    |   |   |

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| Competency                                | Facet                                   | Chapter                                 | Pages  | Learning Outcome  |
| Social Awareness                          | Perspective-taking                      | 12. Diversity and Current Social Issues | 8-10: Diversity and Current Social Issues  | Students will apply critical thinking to current social issues including social inequality, income, and wealth; equality for women; Black Lives Matter; Native Americans and Christopher Columbus; the Southwest Border and Immigration; and LGBTQ+ issues. |
|   | Empathy                                 | 12. Diversity and Current Social Issues | 11: Diversity is Valuable and People Are Important   | Students will increase their appreciation of diversity in college, on the job and in their personal lives.  |
|   | Appreciating diversity                  | 12. Diversity and Current Social Issues | 3: Appreciating Diversity  | Students will increase their appreciation of diversity in college, on the job and in their personal lives.  |
|   |   |   | 4: Degrees of Privilege  |   |
|   |   |   | 6: Bias, Stereotype, and Prejudice   |   |
| 6: Vocabulary for Understanding Diversity |   |   |  |   |
| Respect for others                        | 12. Diversity and Current Social Issues | 1-13: Appreciating Diversity            | Students will increase their appreciation of diversity in college, on the job and in their personal lives. |   |



For more information about CASEL Core SEL Competencies Standards please visit <https://casel.org/core-competencies/>



For more information on CollegeScope visit [www.humanesources.com/ps/ccs/](http://www.humanesources.com/ps/ccs/)