



## In Control SEL

# CASEL Competency Alignment

What separates In Control SEL from so many other programs out there? It's alignment to the 5 CASEL core competencies of Social and Emotional Learning. Each one of our videos and activities strives to not only inform children and adults- but strives to increase the the amount of tools they have and their ability to use them.

### Self-Management

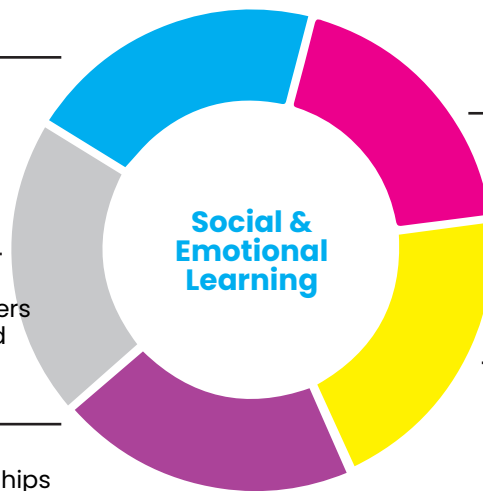
- Managing one's emotions
- Identifying and using stress management strategies
- Exhibiting self-discipline

### Social Awareness

- Taking others' perspectives
- Recognizing strengths in others
- Demonstrating empathy and

### Relationship Skills

- Communicating effectively
- Developing positive relationships



### Self-Awareness

- Integrating personal and social identities
- Identifying personal, cultural, and linguistic assets
- Identifying one's emotions

### Responsible Decision-Making

- Demonstrating curiosity and open-mindedness
- Learning how to make a reasoned judgment after analyzing information, data, and

## What is In Control SEL?

Our promise is that we help to transform students and schools. We do that in a few ways. The first is to help your staff to understand the power and potential of Social & Emotional Learning through an interactive PD. Then, we provide you with a zero-teacher-prep progression of fun, interactive, pop culture-esque videos that provide them tools to help them be successful in school and life.

## How do schools implement it?

- Advisory Periods
- Homeroom Periods
- Elective Classes
- As Bell Ringers
- Embedded in Core Academic Classes
- Through School News Programs
- In the Cafeteria
- Much More!



## Video & Activity Alignment

The table below outlines the videos your students will watch, and the CASEL Competencies that will be developed as a result.

### SIXTH GRADE

In Control Video Series	Main Ideas of the Videos & Activities	CASEL Competency
Growth Mindset	<ul style="list-style-type: none"> <li>Understanding what 'mindsets' are</li> <li>Understanding that they are changeable</li> <li>Understanding that our brains can change and grow</li> </ul>	<ul style="list-style-type: none"> <li>Self Awareness</li> <li>Self Management</li> <li>Decision Making</li> </ul>
Goals	<ul style="list-style-type: none"> <li>Goals help us to make decisions</li> <li>Goals must be challenging</li> <li>Goals must be specific</li> </ul>	<ul style="list-style-type: none"> <li>Self Awareness</li> <li>Self Management</li> <li>Decision Making</li> <li>Relationship Skills</li> </ul>
Taking Control	<ul style="list-style-type: none"> <li>IQ aims to assess human intelligence</li> <li>Hard work beats IQ</li> <li>Accountability helps to keep promises we've made to ourselves (goals)</li> </ul>	<ul style="list-style-type: none"> <li>Self Management</li> <li>Relationship Skills</li> <li>Decision Making</li> </ul>
Holiday Wishes	<ul style="list-style-type: none"> <li>Thinking of ourselves can make us grumpy</li> <li>Gratitude is being thankful for what we have</li> <li>Time and talents are great gifts to give</li> </ul>	<ul style="list-style-type: none"> <li>Self Awareness</li> <li>Self Management</li> <li>Social Awareness</li> </ul>
Moods	<ul style="list-style-type: none"> <li>Moods are the difference between what we want to happen and what actually happens.</li> <li>Different people have different emotion regulators</li> <li>Self Awareness helps us to not react negatively</li> </ul>	<ul style="list-style-type: none"> <li>Self Awareness</li> <li>Self Management</li> <li>Social Awareness</li> </ul>



## Video & Activity Alignment

The table below outlines the videos your students will watch, and the CASEL Competencies that will be developed as a result.

### SEVENTH GRADE

In Control Video Series	Main Ideas of the Videos & Activities	CASEL Competency
Growth Mindset LV.2	<ul style="list-style-type: none"> <li>Understanding what ‘mindsets’ are</li> <li>Understanding that they are changeable</li> <li>Understanding that our brains can change and grow</li> </ul>	<ul style="list-style-type: none"> <li>Self Awareness</li> <li>Self Management</li> <li>Decision Making</li> </ul>
Gamified	<ul style="list-style-type: none"> <li>Goals make life more exciting</li> <li>Making goals skill based, not achievement based increases your chances of success.</li> <li>Making sub-goals for your goals helps increase your chances of success.</li> </ul>	<ul style="list-style-type: none"> <li>Self Awareness</li> <li>Self Management</li> <li>Decision Making</li> <li>Relationship Skills</li> </ul>
Connected	<ul style="list-style-type: none"> <li>Our relationships impact our performance</li> </ul>	<ul style="list-style-type: none"> <li>Relationship Skills</li> <li>Decision Making</li> <li>Social Awareness</li> </ul>
Holiday Wishes	<ul style="list-style-type: none"> <li>Thinking of ourselves can make us grumpy</li> <li>Gratitude is being thankful for what we have</li> <li>Time and talents are great gifts to give</li> </ul>	<ul style="list-style-type: none"> <li>Self Awareness</li> <li>Self Management</li> <li>Social Awareness</li> </ul>
Built for It	<ul style="list-style-type: none"> <li>We all have the ability to be resilient</li> </ul>	<ul style="list-style-type: none"> <li>Self Awareness</li> <li>Self Management</li> <li>Decision Making</li> <li>Relationship Skills</li> </ul>



## Video & Activity Alignment

The table below outlines the videos your students will watch, and the CASEL Competencies that will be developed as a result.

### EIGHTH GRADE

In Control Video Series	Main Ideas of the Videos & Activities	CASEL Competency
High School Mindset	<ul style="list-style-type: none"> <li>If we start building habits now, they'll be easy in high school</li> <li>It's our responsibility to help younger students</li> </ul>	<ul style="list-style-type: none"> <li>Self Awareness</li> <li>Self Management</li> <li>Decision Making</li> </ul>
Balancing Act	<ul style="list-style-type: none"> <li>Journaling and writing can help to relieve anxiousness</li> <li>Chunking and Prioritizing can help to relieve anxiousness</li> </ul>	<ul style="list-style-type: none"> <li>Self Awareness</li> <li>Self Management</li> <li>Decision Making</li> </ul>
Crushed	<ul style="list-style-type: none"> <li>Our relationships impact our performance</li> </ul>	<ul style="list-style-type: none"> <li>Relationship Skills</li> <li>Decision Making</li> <li>Social Awareness</li> </ul>
The Real World	<ul style="list-style-type: none"> <li>Students will learn about colleges, trade schools, and how to decide what's right for them</li> </ul>	<ul style="list-style-type: none"> <li>Self Awareness</li> <li>Self Management</li> <li>Social Awareness</li> <li>Decision Making Skills</li> </ul>
This is Me	<ul style="list-style-type: none"> <li>It's OK to be who we are</li> <li>How to recognize isolation and alienation</li> <li>How to stop it from happening</li> </ul>	<ul style="list-style-type: none"> <li>Self Awareness</li> <li>Self Management</li> <li>Decision Making</li> <li>Relationship Skills</li> <li>Social Awareness</li> </ul>