



SOCIAL-EMOTIONAL ALIGNMENT TO  
**CASEL COMPETENCIES**





**This document illustrates the alignment between Mawi Learning’s social-emotional learning programs and the CASEL core competencies.** These CASEL competencies are embedded in both the K-12 student curriculum and professional development suite of programs and align across Mawi Learning’s five framework competencies: Turbo, Relationships, Mindset, Skill, and Voice.

## Competency Alignment

CASEL Core Competency	MAWI LEARNING Competencies				
	Turbo	Relationships	Mindset	Skill	Voice
Self-Awareness	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Self-Management	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Social Awareness		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
Relationship Skills		<input checked="" type="checkbox"/>			
Responsible Decision-Making	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

## Descriptions of Skill Alignment

### Self-Awareness

- **CASEL Definition:** Know your strengths and limitations, with a well-grounded sense of confidence, optimism, and a “growth mindset.”
- **Mawi Learning Alignment:** Our K-12 student curriculum empowers students to discover their strengths, take action toward growth, and increase their confidence through skill-building.
- **Sample Mawi Learning Skill:**  
**Hit Your Turbo Button** – Students learn how to harness the power of agency to grow and succeed. The Turbo Button metaphor allows students to visualize their sense of self-efficacy and take ownership of their behaviors.

### Self-Management

- **CASEL Definition:** Effectively manage stress, control impulses, and motivate yourself to set and achieve goals.
- **Mawi Learning Alignment:** Students learn the power of setting goals for success, while learning the necessary skills to help them navigate stressful situations and academic challenges.
- **Sample Mawi Learning Skill:**  
**Stress Thermometer** – Students learn how to recognize their physical and emotional responses to stress and how to successfully use healthy coping mechanisms.

### Social Awareness

- **CASEL Definition:** Understand the perspectives of others and empathize with them, including those from diverse backgrounds and cultures.
- **Mawi Learning Alignment:** Students learn strategies to build a powerful network of peers, adults, and mentors and ensure their relationships with others are healthy and balanced.
- **Sample Mawi Learning Skill:**  
**You and Me Circles** – By analyzing the give and take of relationships, students learn how to balance their own needs with the needs of others and learn how to be a strong and supportive friend.

### Relationship Skills

- **CASEL Definition:** Communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.
- **Mawi Learning Alignment:** Students build effective communication skills, learn to identify and avoid destructive friendships, and practice age-appropriate conflict resolution strategies.
- **Sample Mawi Learning Skill:**  
**Open Conversations** – Students learn how to approach tough conversations from an “open” perspective with fewer assumptions, allowing them to build toward consensus.

### Responsible Decision-Making

- **CASEL Definition:** Make constructive choices about personal behavior and social interactions based on ethical standards, safety, and social norms.
- **Mawi Learning Alignment:** Students identify their values and discover how they can respond to challenges in ways that allow them to live their values and increase their impact.
- **Sample Mawi Learning Skill:**  
**Risk and Reward Workers** – Students learn how their brain is developing a healthy balance between risk and reward, and how they can interpret the different messages they receive to make safe and healthy decisions.



## Direct and Embedded Social-Emotional Instruction

Both Mawi Learning and CASEL highlight the need for both direct and embedded social-emotional instruction, as well as meaningful opportunities for students to apply and practice their SEL skills. In addition to the direct learning through the blended student lessons, the Mawi Learning teacher extensions provide age-appropriate opportunities for students to practice their SEL skills throughout their day. This holistic approach to

student development addresses the needs of students in their academic, social, emotional, and personal lives. By expanding the scope of SEL to include both direct instruction and embedded practices, students can more easily learn, grow, and succeed across the curriculum. We know that the most powerful changes occur in schools when students, educators, and administrators are speaking a shared language of success.



Mawi Learning is included in CASEL's Effective Programs Guide

**FOR MORE INFORMATION** or for detailed descriptions and research base of the Mawi Learning competencies, please contact us at [mawilearningteam@act.org](mailto:mawilearningteam@act.org).

