

Alignment with the Collaborative for Academic, Social, and Emotional Learning (CASEL) Standards

Read on to see details on how you can use [DigiPals](#) to develop students' Socio-Emotional Skills in relation to the [Collaborative for Academic, Social, and Emotional Learning \(CASEL\) Standards](#).



EMPATHY: students build empathy through learning and understanding other people's stories and gaining knowledge first-hand.

RESPECT: students gain respect for people, ideas and beliefs through getting to know others and understanding their lives.



Collaborative for Academic, Social, and Emotional Learning (CASEL) Social Awareness

The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts. This includes the capacities to feel compassion for others, understand broader historical and social norms for behavior in different settings, and recognize family, school, and community resources and supports. Such as:

- Taking others' perspectives
 - Recognizing strengths in others
 - Demonstrating empathy and compassion
 - Showing concern for the feelings of others
 - Understanding and expressing gratitude
 - Identifying diverse social norms, including unjust ones • Recognizing situational demands and opportunities
 - Understanding the influences of organizations/systems on behavior
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CURIOSITY: Students become more curious about the world around them and more open-minded to new perspectives.



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SELF-AWARENESS: students recognise their emotions and values and work on expressing themselves when describing stories about themselves, giving their perspectives, and informing others about who they are and where they are from.



Collaborative for Academic, Social, and Emotional Learning (CASEL) Self-Awareness

The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well-grounded sense of confidence and purpose. Such as:

- Integrating personal and social identities
 - Identifying personal, cultural, and linguistic assets • Identifying one's emotions
 - Demonstrating honesty and integrity
 - Linking feelings, values, and thoughts
 - Examining prejudices and biases
 - Experiencing self-efficacy
 - Having a growth mindset
 - Developing interests and a sense of purpose
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COLLABORATION: students improve collaboration skills by gaining experience and learning how to form positive relationships and collaborate efficiently and effectively with people of different backgrounds, customs, cultures, and lifestyles and work styles.

COMMUNICATION: students build communication skills through global collaboration, expressing their opinions and beliefs, and also discovering appropriate ways to communicate.



Collaborative for Academic, Social, and Emotional Learning (CASEL) Relationship Skills

The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed. Such as:

- Communicating effectively
- Developing positive relationships
- Demonstrating cultural competency
- Practicing teamwork and collaborative problem-solving
- Resolving conflicts constructively
- Resisting negative social pressure
- Showing leadership in groups
- Seeking or offering support and help when needed
- Standing up for the rights of others

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REFLECTION: Students learn from each other by reflecting on the responses they receive from their DigiPal. As they absorb the new information and comprehend everything, they build a more well-rounded perception. Through reflection, they also compare and contrast their world to their partner's world and become more understanding, appreciative and non-judgemental humans.



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