

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

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



INVESTIGATE THE WORLD: Students explore the world beyond their immediate environment. They are aware, curious and interested in learning about the world and how it works; understanding new people and places and thus opening up their mindset and opportunities.



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



RECOGNISE PERSPECTIVES: Become aware, understand and appreciate the values, opinions and beliefs of their own and others enabling them to be accepting, respectful and kind to others.



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

Social Awareness

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COMMUNICATE IDEAS: Students communicate their ideas effectively and engage in open, appropriate and effective interactions with diverse audiences.



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



TAKE ACTION: Students use their ideas and create solutions, whereby appropriate action is taken for collective well-being and sustainable development to improve conditions and make a difference in the world.



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

The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation & agency to accomplish personal/collective goals. Such as:

- Managing one's emotions
 - Identifying and using stress-management strategies
 - Exhibiting self-discipline and self-motivation
 - Setting personal and collective goals
 - Using planning and organizational skills
 - Showing the courage to take initiative
 - Demonstrating personal and collective agency
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ADAPT TO DIFFERENT ENVIRONMENTS: Students learning about different social norms and cultural values around the world will develop strong social and communication skills that allow them to adapt to different environments and thrive in a more diverse, interconnected world. This is becoming more and more significant for college preparation and career-readiness.



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Responsible Decision-Making

The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations. This includes the capacities to consider ethical standards and safety concerns, and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being. Such as:

- Demonstrating curiosity and open-mindedness
- Identifying solutions for personal and social problems
- Learning to make a reasoned judgment after analyzing information, data, facts
- Anticipating and evaluating the consequences of one's actions

- Recognizing how critical thinking skills are useful both inside & outside of school
 - Reflecting on one's role to promote personal, family, and community well-being
 - Evaluating personal, interpersonal, community, and institutional impacts
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