CASEL Core Competencies and Life Skills Taught in the *PowerUp Girls for Life* Curriculum by Session, 2024

Roman numerals: in CASEL descriptions but not specific to a sub-competency. Letters denote related non-CASEL competencies.

CASEL Competency	*PowerUp Girls'* Curriculum Session Number (W is Welcome Session, other sessions are not CASEL specific).																					
	W	1	2	4	5	6	7	8	9	10	11	12	13	14	15	17	18	19	21	22	23	26
Self-Awareness		ii,E	ii		i	E			ii										ii,iii			E
Identifying emotions					✓	✓	✓		✓													
Accurate self-perception		✓			✓												✓					✓
Recognizing strengths		✓	✓																	✓		✓
Self-confidence		✓								✓			✓		✓							✓
Self-efficacy	✓	✓	✓			✓											✓		✓			
Self-Management				B																	A	
Impulse control					✓	✓	✓							✓								
Stress management			✓		✓	✓	✓	✓	✓									✓			✓	
Self-discipline								✓					✓							✓	✓	
Self-motivation				✓				✓										✓		✓	✓	
Goal setting				✓														✓		✓	✓	
Organizational skills																				✓	✓	
Social Awareness		iv,C	v			v			v					iv,D		iv	v	iv,v				iv
Perspective-taking	✓		✓								✓	✓	✓	✓	✓							✓
Empathy		✓				✓					✓	✓	✓	✓	✓	✓		✓				✓
Appreciating diversity		✓									✓	✓	✓	✓	✓							✓
Respect for others	✓										✓			✓	✓	✓						✓
Relationship Skills										vi			vi		vii							
Communication											✓	✓	✓	✓	✓							
Social engagement	✓										✓	✓	✓	✓								
Relationship building											✓	✓	✓	✓	✓							
Teamwork	✓		✓	✓	✓			✓	✓	✓	✓				✓			✓	✓	✓		
Responsible Decision-Making				BG				DG						D			F				D	
Identifying problems			✓		✓	✓				✓									✓			
Analyzing situations					✓			✓	✓					✓								
Solving problems										✓				✓	✓							
Evaluating					✓			✓		✓					✓							
Reflecting					✓					✓												
Ethical responsibility						✓		✓	✓					✓		✓		✓				✓

[i] Recognize emotion and thought link to behavior [ii] Optimism [iii] Growth mindset [iv] Understand social and ethical norms for behavior [v] Recognize support systems [vi] Resist inappropriate social pressure [vii] Negotiate conflict constructively [A] Self-care [B] Understand brain development [C] Entitlement harms [D] Media, social media management [E] Self-compassion [F] Bullying knowledge, defense, bystander action [G] Risks of substance use

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