



## School-Connect Alignment with Austin ISD's Social & Emotional Learning (SEL) Standards

Based on the Collaborative for Academic, Social, and Emotional Learning (CASEL) Competencies

The Austin Independent School District's (AISD) SEL Curriculum Standards are Texas Essential Knowledge Skills (TEKS)-aligned and were developed with the use of SEL standards from across the nation and based on the Collaborative for Academic, Social, and Emotional Learning (CASEL) Core Social and Emotional Competencies. For more information, please see [www.austinisd.org/academics/sel/curriculum](http://www.austinisd.org/academics/sel/curriculum) and [www.casel.org/core-competencies/](http://www.casel.org/core-competencies/). School-Connect lesson titles in the right column are designed to address each objective.

<b>Competency 1: Self-Awareness</b>	
<b>Goal 1: Develop self-awareness skills to have knowledge of one's emotions, to develop an accurate and positive self-concept, and to recognize individual strengths and external support systems</b>	
Objective A: Student demonstrates an awareness of own emotions	<p><i>Think-Pair-Share activities and self-assessments embedded throughout School-Connect give students an opportunity to reflect on their current emotions. Additionally, emotional self-awareness is directly addressed in:</i></p> <ul style="list-style-type: none"> <li>Lesson 1.10: Tuning In to Others</li> <li>Lesson 2.1: Understanding the Teenage Brain</li> <li>Lesson 2.2: Being Aware of Our Emotions</li> <li>Lesson 2.3: Recognizing the Power of Thought</li> <li>Lesson 2.4: Managing Emotions</li> <li>Lesson 2.5: Defusing Anger</li> <li>Lesson 2.6: Coping with Stress</li> <li>Lesson 2.7: Inducing Positive Emotions</li> <li>Lesson 3.7: Understanding Introverts and Extroverts</li> <li>Lesson 4.6: Rethinking Stress</li> <li>Lesson 4.7: Understanding Mindfulness</li> <li>Lesson 4.19: Skill Building for Mental Health &amp; Well-Being</li> </ul>
Objective B: Student demonstrates awareness of personal qualities	<ul style="list-style-type: none"> <li>Lesson 1.3: Introducing Social and Emotional Learning</li> <li>Lesson 1.15: Understanding Mindsets</li> <li>Lesson 2.8: Recognizing Character Strengths</li> <li>Lesson 2.11: Forging Your Identity</li> <li>Lesson 2.12: Exploring Career Options</li> <li>Lesson 3.7: Understanding Introverts and Extroverts</li> <li>Lesson 4.5: Writing Your College Essay</li> <li>Lesson 4.9: Interviewing Effectively</li> <li>Culminating Project Rubrics</li> </ul>
Objective C: Student demonstrates awareness of external supports	<ul style="list-style-type: none"> <li>Lesson 1.7: Celebrating and Building Community</li> <li>Lesson 1.8: Building Rapport with Teachers</li> <li>Lesson 1.12: Collaborating Effectively</li> <li>Lesson 1.14: Developing Academic Supports</li> </ul>

	<p>Lesson 1.16: Cultivating Curiosity and Grit  Lesson 3.1: Developing Positive Relationships  Lesson 3.13: Addressing and Preventing Bullying  Lesson 3.14: Managing Social Media and Cyberbullying  Lesson 3.19: Understanding Healthy Dating  Lesson 4.3: Motivating Yourself &amp; Moving Forward  Lesson 4.11: Practicing Teamwork  Lesson 4.19: Skill Building for Mental Health &amp; Well-Being</p>
Objective D: Student has a sense of personal responsibility	<p>Lesson 1.4: Creating a Social Contract  Lesson 1.5: Applying Student Success Skills  Lesson 1.12: Collaborating Effectively  Lesson 1.17: Focusing and Prioritizing  Lesson 2.14: Envisioning Your Future  Lesson 2.19: Taking Full Responsibility  Lesson 2.20: Fighting Off Victimitis  Lesson 3.12: Dealing with Gossip  Lesson 3.13: Addressing and Preventing Bullying  Lesson 3.14: Managing Social Media and Cyberbullying  Lesson 3.15: Making Personal Decisions  Lesson 3.16: Refusing and Persuading  Lesson 3.17: Making a Sincere Apology  Lesson 3.18: Forgiving Others and Ourselves  Lesson 3.19: Understanding Healthy Dating  Lesson 3.20: Helping Others  Lesson 4.1: Thinking Ahead About Life After High School  Lesson 4.2: Charting Your Future  Lesson 4.3: Motivating Yourself &amp; Moving Forward  Lesson 4.10: Developing a Work Ethic  Lesson 4.11: Practicing Teamwork  Lesson 4.12: Providing Customer Service  Lesson 4.13: Problem Solving in the Workplace  Lesson 4.14: Responding to Feedback  Lesson 4.15: Negotiating an Agreement  Lesson 4.17: Understanding Financial Literacy  Lesson 4.18: Living on Your Own &amp; w/ Roommates  Lesson 4.19: Skill Building for Mental Health &amp; Well-Being  Lesson 4.20: Choosing Wisely</p>
<p><b>Competency 2: Self-Management</b></p>	
<p><b><i>Goal II: Develop and demonstrate self-management skills and resiliency to regulate emotions and to monitor and achieve behaviors related to school and life success</i></b></p>	
Objective A: Student demonstrates ability to manage emotions constructively	<p>Lesson 2.4: Managing Emotions  Lesson 2.5: Defusing Anger  Lesson 2.6: Coping with Stress  Lesson 2.7: Inducing Positive Emotions  Lessons 3.9-11: Using a Problem-Solving Approach, Parts 1 – 3  Lesson 4.6: Rethinking Stress  Lesson 4.7: Understanding Mindfulness  Lesson 4.13: Problem Solving in the Workplace  Lesson 4.14: Responding to Feedback</p>

Objective B: Student demonstrates integrity	<p>Lesson 1.12: Collaborating Effectively  Lesson 2.8: Recognizing Character Strengths  Lesson 3.3: Empathizing with Others  Lesson 3.4: Appreciating Diversity  Lesson 3.5: Debunking the Myths of Womanhood  Lesson 3.6: Debunking the Myths of Manhood  Lesson 3.12: Dealing with Gossip  Lesson 3.13: Addressing and Preventing Bullying  Lesson 3.14: Managing Social Media and Cyberbullying  Lesson 3.15: Making Personal Decisions  Lesson 3.16: Refusing and Persuading  Lesson 3.17: Making a Sincere Apology  Lesson 3.18: Forgiving Others and Ourselves  Lesson 4.10: Developing a Work Ethic  Lesson 4.11: Practicing Teamwork  Lesson 4.12: Providing Customer Service</p>
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Objective C: Student demonstrates ability to set and achieve goals	<p>Lesson 1.15: Understanding Mindsets  Lesson 1.16: Cultivating Curiosity and Grit  Lesson 2.12: Exploring Career Options  Lesson 2.13: Planning for College  Lesson 2.14: Envisioning Your Future  Lesson 2.15: Setting Life Goals  Lesson 2.16: Going on a Mission  Lesson 2.19: Taking Full Responsibility  Lesson 2.20: Fighting Off Victimitis  Lesson 4.1: Thinking Ahead About Life After High School  Lesson 4.2: Charting Your Future  Lesson 4.3: Motivating Yourself &amp; Moving Forward  Lesson 4.8: Writing a Resume</p>
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**Competency 3: Social Awareness**

***Goal III: Develop social awareness skills needed to establish and maintain positive relationships***

Objective A: Student demonstrates awareness of other people's emotions and perspectives	<p><i>Active listening and perspective taking opportunities are embedded throughout School-Connect and addressed specifically in:</i></p> <p>Lesson 1.10: Tuning In to Others  Lesson 1.11: Using Active Listening  Lesson 1.12: Collaborating Effectively  Lesson 2.2: Being Aware of Our Emotions  Lesson 3.2: Standing in the Other Person's Shoes  Lesson 3.3: Empathizing with Others  Lesson 3.4: Appreciating Diversity  Lesson 3.7: Understanding Introverts and Extroverts  Lesson 3.8: Responding to Conflict  Lessons 3.9-11: Using a Problem-Solving Approach, Parts 1 – 3  Lesson 3.12: Dealing with Gossip  Lesson 3.13: Addressing and Preventing Bullying  Lesson 3.14: Managing Social Media and Cyberbullying  Lesson 3.17: Making a Sincere Apology  Lesson 3.18: Forgiving Others and Ourselves</p>
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	<p>Lesson 3.19: Understanding Healthy Dating  Lesson 3.20: Helping Others  Lesson 4.12: Providing Customer Service  Lesson 4.13: Problem Solving in the Workplace  Lesson 4.14: Responding to Feedback  Lesson 4.15: Negotiating an Agreement  Lesson 4.18: Living on Your Own &amp; w/ Roommates  Lesson 4.19: Skill Building for Mental Health &amp; Well-Being</p>
<p>Objective B: Student demonstrates consideration for others and a desire to contribute to the wellbeing of their school and community</p>	<p>Lesson 1.4: Creating a Social Contract  Lesson 1.7: Celebrating and Building Community  Lesson 1.8: Building Rapport with Teachers  Lesson 1.10: Tuning In to Others  Lesson 1.11: Using Active Listening  Lesson 1.12: Collaborating Effectively  Lesson 2.8: Recognizing Character Strengths  Lesson 2.9: Building True Happiness  Lesson 3.1: Developing Positive Relationships  Lesson 3.2: Standing in the Other Person's Shoes  Lesson 3.3: Empathizing with Others  Lesson 3.4: Appreciating Diversity  Lesson 3.8: Responding to Conflict  Lessons 3.9 – 3.11: Using a Problem-Solving Approach, Part 1 – 3  Lesson 3.12: Dealing with Gossip  Lesson 3.13: Addressing and Preventing Bullying  Lesson 3.14: Managing Social Media and Cyberbullying  Lesson 3.16: Refusing and Persuading  Lesson 3.17: Making a Sincere Apology  Lesson 3.18: Forgiving Others and Ourselves  Lesson 3.19: Understanding Healthy Dating  Lesson 3.20: Helping Others  Lesson 4.10: Developing a Work Ethic  Lesson 4.11: Practicing Teamwork  Lesson 4.12: Providing Customer Service  Lesson 4.13: Problem Solving in the Workplace  Lesson 4.18: Living on Your Own &amp; w/ Roommates</p>
<p>Objective C: Student demonstrates an awareness of cultural issues and a respect for human dignity and differences</p>	<p>Lesson 2.11: Forging Your Identity  Lesson 3.2: Standing in the Other Person's Shoes  Lesson 3.3: Empathizing with Others  Lesson 3.4: Appreciating Diversity  Lesson 3.5: Debunking the Myths of Womanhood  Lesson 3.6: Debunking the Myths of Manhood  Lesson 3.7: Understanding Introverts and Extroverts</p>
<p>Objective D: Student can read social cues and respond appropriately</p>	<p>Lesson 1.9: Reviving Digital Zombies  Lesson 1.10: Tuning In to Others  Lesson 1.11: Using Active Listening  Lesson 2.2: Being Aware of Our Emotions  Lesson 2.10: Outsmarting Media Advertising  Lesson 3.2: Standing in the Other Person's Shoes  Lesson 3.3: Empathizing with Others</p>

	<p>Lesson 3.4: Appreciating Diversity  Lesson 3.5: Debunking the Myths of Womanhood  Lesson 3.6: Debunking the Myths of Manhood  Lesson 3.7: Understanding Introverts and Extroverts  Lessons 3.9 – 3.11: Using a Problem-Solving Approach, Part 1 – 3  Lesson 3.12: Dealing with Gossip  Lesson 3.13: Addressing and Preventing Bullying  Lesson 3.14: Managing Social Media and Cyberbullying  Lesson 3.16: Refusing and Persuading  Lesson 3.17: Making a Sincere Apology  Lesson 3.18: Forgiving Others and Ourselves  Lesson 3.19: Understanding Healthy Dating  Lesson 4.12: Providing Customer Service  Lesson 4.13: Problem Solving in the Workplace  Lesson 4.14: Responding to Feedback  Lesson 4.15: Negotiating an Agreement</p>
<p><b>Competency 4: Relationship Skills</b></p>	
<p><b>Goal IV: Demonstrate interpersonal (relationship) skills needed to establish and maintain positive relationships</b></p>	
<p>Objective A: Student uses positive communication and social skills to interact effectively with others</p>	<p>Lesson 1.2: Creating First Impressions  Lesson 1.5: Applying Student Success Skills  Lesson 1.7: Celebrating and Building Community  Lesson 1.8: Building Rapport with Teachers  Lesson 1.9: Reviving Digital Zombies  Lesson 1.10: Tuning In to Others  Lesson 1.11: Using Active Listening  Lesson 1.12: Collaborating Effectively  Lesson 2.2: Being Aware of Our Emotions  Lesson 2.3: Recognizing the Power of Thought  Lesson 2.7: Inducing Positive Emotions  Lesson 2.9: Building True Happiness</p> <p>All 20 lessons in <i>Module 3: Building Relationships and Resolving Conflicts</i></p> <p>Lesson 4.9: Interviewing Effectively  Lesson 4.10: Developing a Work Ethic  Lesson 4.11: Practicing Teamwork  Lesson 4.12: Providing Customer Service  Lesson 4.13: Problem Solving in the Workplace  Lesson 4.14: Responding to Feedback  Lesson 4.15: Negotiating an Agreement  Lesson 4.18: Living on Your Own &amp; w/ Roommates</p>
<p>Objective B: Student develops constructive relationships</p>	<p><i>Embedded throughout School-Connect in the think-pair-share, group discussions, and group activities, but specifically addressed in:</i></p> <p>Lesson 1.8: Building Rapport with Teachers  Lesson 1.12: Collaborating Effectively  Lesson 1.14: Developing Academic Supports  Lesson 2.9: Building True Happiness</p>

	<p>Lesson 3.1: Developing Positive Relationships  Lesson 3.17: Making a Sincere Apology  Lesson 3.18: Forgiving Others and Ourselves  Lesson 3.19: Understanding Healthy Dating  Lesson 3.20: Helping Others  Lesson 4.14: Responding to Feedback</p>
<p>Objective C: Student demonstrates an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways</p>	<p>Lesson 1.4: Creating a Social Contract  Lesson 1.10: Tuning In to Others  Lesson 1.11: Using Active Listening  Lesson 1.12: Collaborating Effectively  Lesson 2.4: Managing Emotions  Lesson 2.5: Defusing Anger  Lesson 3.2: Standing in the Other Person's Shoes  Lesson 3.3: Empathizing with Others  Lesson 3.4: Appreciating Diversity  Lesson 3.8: Responding to Conflict  Lessons 3.9 – 3.11: Using a Problem-Solving Approach, Part 1-3  Lesson 3.12: Dealing with Gossip  Lesson 3.13: Addressing and Preventing Bullying  Lesson 3.14: Managing Social Media and Cyberbullying  Lesson 3.17: Making a Sincere Apology  Lesson 3.18: Forgiving Others and Ourselves  Lesson 3.19: Understanding Healthy Dating  Lesson 4.11: Practicing Teamwork  Lesson 4.12: Providing Customer Service  Lesson 4.13: Problem Solving in the Workplace  Lesson 4.14: Responding to Feedback  Lesson 4.15: Negotiating an Agreement  Lesson 4.18: Living on Your Own &amp; w/ Roommates</p>
<p><b>Competency 5: Decision-making Skills</b></p>	
<p><b><i>Goal V: Demonstrate decision making skills, problem solving skills, and responsible behaviors in school, personal and community contexts</i></b></p>	
<p>Objective A: Student considers ethical, safety and societal factors in making decisions</p>	<p>Lesson 1.4: Creating a Social Contract  Lesson 1.13: Valuing an Education  Lesson 2.10: Outsmarting Media Advertising  Lesson 2.19: Taking Full Responsibility  Lesson 2.20: Fighting Off Victimitis  Lesson 3.3: Empathizing with Others  Lesson 3.4: Appreciating Diversity  Lesson 3.5: Debunking the Myths of Womanhood  Lesson 3.6: Debunking the Myths of Manhood  Lessons 3.9 – 3.11: Using a Problem-Solving Approach, Part 1-3  Lesson 3.12: Dealing with Gossip  Lesson 3.13: Addressing and Preventing Bullying  Lesson 3.14: Managing Social Media and Cyberbullying  Lesson 3.15: Making Personal Decisions  Lesson 3.19: Understanding Healthy Dating  Lesson 4.10: Developing a Work Ethic  Lesson 4.16: Building a Budget</p>

	<p>Lesson 4.17: Understanding Financial Literacy  Lesson 4.19: Skill Building for Mental Health &amp; Well-Being  Lesson 4.20: Choosing Wisely</p>
<p>Objective B: Student uses effective decision-making skills</p>	<p>Lesson 1.15: Understanding Mindsets  Lesson 2.3: Recognizing the Power of Thought  Lesson 2.10: Outsmarting Media Advertising (<i>Includes the C.L.E.A.R. Steps to Critical Thinking</i>)  Lesson 3.8: Responding to Conflict  Lessons 3.9 – 3.11: Using a Problem-Solving Approach, Part 1-3  Lesson 3.15: Making Personal Decisions  Lesson 4.13: Problem Solving in the Workplace  Lesson 4.20: Choosing Wisely</p> <p>Lesson Extensions and Culminating Projects (optional): include multiple research project options that require critical thinking and developing evidence-based conclusions</p>
<p>Objective C: Student applies problem solving skills to deal responsibly with daily academic and social situations</p>	<p>Lesson 1.11: Using Active Listening  Lesson 1.12: Collaborating Effectively  Lesson 1.16: Cultivating Curiosity and Grit  Lesson 1.17: Focusing and Prioritizing  Lesson 2.6: Coping with Stress  Lesson 2.19: Taking Full Responsibility  Lesson 3.8: Responding to Conflict  Lessons 3.9 – 3.11: Using a Problem-Solving Approach, Part 1-3  Lesson 3.12: Dealing with Gossip  Lesson 3.13: Addressing and Preventing Bullying  Lesson 3.14: Managing Social Media and Cyberbullying  Lesson 3.15: Making Personal Decisions  Lesson 3.16: Refusing and Persuading  Lesson 3.17: Making a Sincere Apology  Lesson 3.18: Forgiving Others and Ourselves  Lesson 3.19: Understanding Healthy Dating  Lesson 4.3: Motivating Yourself &amp; Moving Forward  Lesson 4.11: Practicing Teamwork  Lesson 4.13: Problem Solving in the Workplace  Lesson 4.14: Responding to Feedback  Lesson 4.15: Negotiating an Agreement  Lesson 4.18: Living on Your Own &amp; w/ Roommates  Lesson 4.19: Skill Building for Mental Health &amp; Well-Being  Lesson 4.20: Choosing Wisely</p>