



# STANDARDS ALIGNMENT

## CASEL CORE SEL COMPETENCIES

### BeBOLD HIGH SCHOOL ADVISORY PROGRAM

This document illustrates how lessons in BeBOLD align with the Collaborative for Academic, Social, and Emotional Learning (CASEL) core social-emotional learning (SEL) competencies. All CASEL core competencies are addressed throughout the sections of the BeBOLD program to fully support students' well-being, leadership growth, academic achievement, and connectedness to trusted adults.

#### SOCIAL AWARENESS

- Perspective Taking
- Empathy
- Appreciation of Diversity
- Respect for Others

#### RELATIONSHIP SKILLS

- Communication
- Social Engagement
- Relationship Building
- Teamwork

#### SELF-MANAGEMENT

- Impulse Control
- Stress Management
- Self-Discipline
- Self-Motivation
- Goal Setting
- Organizational Skills

#### SELF-AWARENESS

- Accurate Self-Perception
- Identification of Emotions
- Recognition of Strengths
- Self-Confidence
- Self-Efficacy

#### RESPONSIBLE DECISION MAKING

- Identification and Solving of Problems
- Analysis of Situations
- Evaluation
- Reflection
- Ethical Responsibility

Social &  
Emotional  
Learning

## What is CASEL?

CASEL is the nation's leading organization advancing the development of social and emotional competence for all students. Its mission is to help make evidence-based SEL an integral part of education from preschool through high school. To that end, CASEL has identified five interrelated SEL core competencies: self-management, self-awareness, social awareness, relationship skills, and responsible decision-making.

## What is BeBOLD?

BeBOLD is an advisory curriculum designed to increase students' school success by promoting social-emotional competence. This research-based program assists adolescents in building personal skills for community leadership, all while promoting the mission of ensuring every student can name a trusted adult at school.

# BeBOLD HIGH SCHOOL ADVISORY PROGRAM

BeBOLD, designed by the team at One Trusted Adult, enhances your youth-serving program by helping build connection and community through activities, discussion, and fun! Each session encourages honest self-reflection and discovery, builds skills for solving problems and growing healthy relationships, and offers ideas for taking action and making a community-wide impact, all while fostering strong connections between adults and youth as well as among peers.

BeBOLD was chosen as a framework for this program because being BOLD means embracing opportunities, learning new skills, meeting people, and exploring all that the world has to offer.

This BeBOLD program includes four BOLD parts:

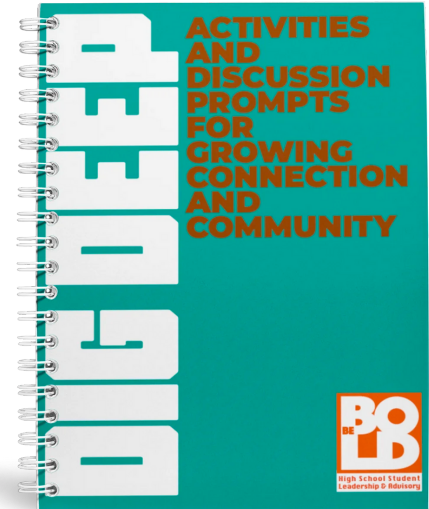
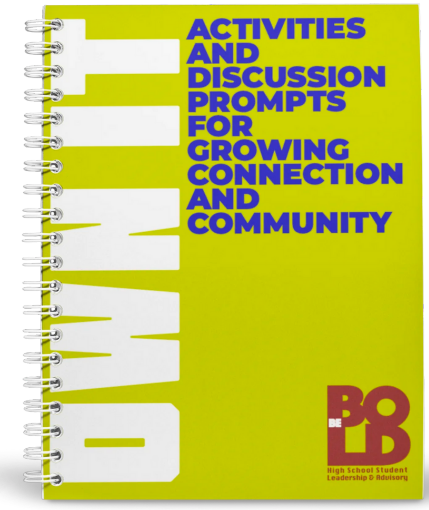
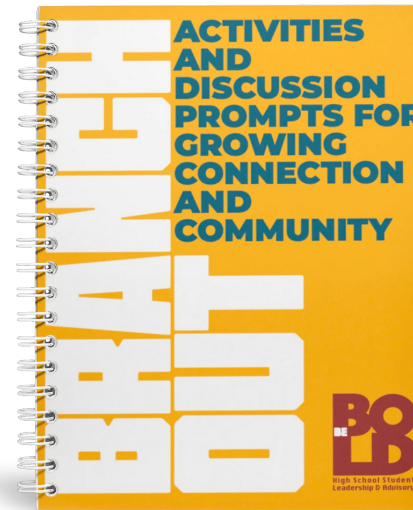
**Branch Out:** Prepares and challenges young people to build connections and community.

**Own It:** Empowers students to embrace responsibility for themselves and their community.

**Lift Up:** Teaches young people how to care for, encourage, and support individuals and groups.

**Dig Deep:** Explores possibilities and ideas for leading, contributing, and evaluating impact.

The BeBOLD program is skills-based and growth-focused. It's intended to provide young people with ideas and inspiration to boldly lead and contribute in their communities.

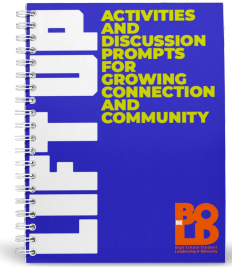
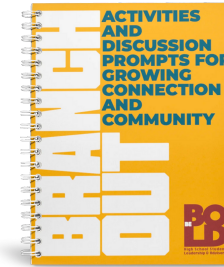




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## CASEL CORE SEL COMPETENCIES

### BeBOLD HIGH SCHOOL ADVISORY



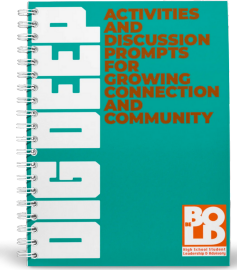
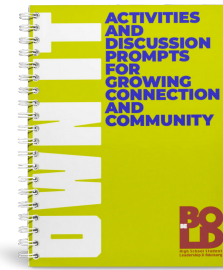
## CASEL CORE SEL COMPETENCIES

BeBOLD Topics	Social Awareness	Relationship Skills	Self-Awareness	Self-Management	Responsible Decision Making
Communication	✓		✓	✓	
Community	✓	✓			
Friendship	✓	✓	✓	✓	
Mindset			✓	✓	
Trust		✓			✓
Energy	✓		✓	✓	
Belonging	✓				✓
Learning		✓	✓	✓	
Mentorship		✓			
Goal Setting			✓	✓	
Contribution	✓				✓
Decision Making				✓	✓
Responsibility		✓	✓		
Priorities			✓		✓
Courage	✓			✓	
Comfort Zones		✓	✓		
Collaboration	✓				✓
Feedback	✓				
Conflict		✓	✓	✓	
Boundaries				✓	✓
Compassion	✓				
Influence		✓			✓
Leadership	✓				✓
Reflection			✓	✓	
Gratitude		✓	✓	✓	



# STANDARDS ALIGNMENT CASEL CORE SEL COMPETENCIES

## BeBOLD HIGH SCHOOL ADVISORY



### CASEL CORE SEL COMPETENCIES

BeBOLD Topics	Social Awareness	Relationship Skills	Self-Awareness	Self-Management	Responsible Decision Making
Connection	✓	✓	✓		
Awareness	✓		✓		
Teamwork	✓	✓			
Mentorship		✓	✓		✓
Trust	✓	✓		✓	
Boundaries	✓		✓	✓	✓
Commitment				✓	✓
Leadership		✓	✓		
Self-Advocacy		✓	✓		✓
Balance			✓	✓	
Creativity	✓				✓
Support			✓	✓	✓
Habits			✓	✓	
Perspective	✓	✓			
Listening				✓	
Focus			✓	✓	
Motivation			✓		✓
Adaptability	✓			✓	
Accountability			✓	✓	
Risk					✓
Organization			✓	✓	
Wellness			✓		✓
Care	✓	✓	✓		
Change				✓	
Success	✓		✓		