Social and Emotional Learning and the Executive Function That Supports It
(SEL → EF)

CASEL's (www.casel.org) framework for social and emotional learning is a goal for most schools today. The components for social and emotional learning are supported by the foundational skills of executive function. The skills mapped here for executive function are taken from the book *Building Executive Function: The Missing Link to Student Achievement* by Dr. Nancy Sulla.

SEL Competencies	Foundational Executive Function Skills
Self-Awareness: Know your strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."	• Self-assessing • Focusing • Concentrating • Categorizing information • Managing conflicting thoughts • Reflecting on goals
Self-Management: Effectively manage stress, control impulses, and motivate yourself to set and achieve goals.	• Overcoming temptation • Setting goals • Initiating a task • Managing time • Persisting in a task • Working toward a goal • Following multiple steps • Monitoring performance • Organizing actions and thoughts
Relationship Skills: Communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate	• Attending to a person or activity • Maintaining social appropriateness • Identifying cause-and-effect relationships

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conflict constructively, and seek and offer help when needed.	
SEL Competencies	**Foundational Executive Function Skills**
Responsible Decision Making: Make constructive choices about personal behavior and social interactions based on ethical standards, safety, and social norms.	• Making hypotheses, deductions, and inferences • Applying former approaches to new situations • Considering future consequences in light of current action • Thinking about multiple concepts simultaneously • Thinking before acting • Defining a problem • Analyzing • Creating mental images • Generating possible solutions • Anticipating • Predicting outcomes • Evaluating • Holding on to information while considering other information
Social Awareness: Understand the perspectives of others and empathize with them, including those from diverse backgrounds and cultures.	• Changing perspective • Seeing multiple sides to a situation • Being open to others' points of view • Identifying same and different

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