



CHARACTERSTRONG HIGH SCHOOL SEL Curriculum & CASEL Framework



Anchor Standard	Learning Standards	Grade 9	Grade 10	Grade 11	Grade 12
Self-Awareness	Student demonstrates an understanding of one's emotions	S03: Developing Community Agreements S09: Normalizing 9th Grade Worries (Test-Taking) S14: Practicing Social Support	S03: Developing Community Agreements S05: Understanding Mental Health S06: Understanding Well-Being S07: Connecting Values & Well-Being S14: Understanding Stress S15: Coping with Stress	S03: Developing Community Agreements	S03: Upholding Community Agreements S10: Using My Influence for Personal Pursuits S16: Understanding Effective Empathy
	Student demonstrates knowledge of personal strengths, challenges, cultural, linguistic assets, and aspirations.	S07: Clarifying Values S08: Practicing Values S16: Connecting Values & Friendship S18: Staying True to Your Values S20: Evaluating Personal Progress S22: Developing Goals for This Summer S23-25: Reflecting on the Year	S09: Practicing Values & Well-Being S10: Setting Well-Being Goals S11: Building Well-Being Habits S13: Staying True to Our Goals S21: Creating Well-Being Habits S22: Improving Well-Being Habits S23-25: Reflecting on the Year	S05: Clarifying Values to Increase Engagement S09: Understanding Ourselves S12: Reflecting on Our Stories S23-25: Reflecting on the Year	S03: Developing Community Agreements S09: Connecting Purpose to Society S10: Using My Influence for Personal Pursuits S12: Developing Well-Being Habits S13: Practicing Well-Being Habits S14: Developing Leadership Habits S15: Practicing Leadership Habits



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Self-Awareness	Student demonstrates awareness of personal rights and responsibilities.	S18: Staying True to Your Values	S09: Practicing Values & Well-Being	S04: Upholding Community Agreements S06: Practicing Values to Increase Engagement S07: Understanding Well-Being S08: Examining Mental Health Myths S13: Assessing Individual Barriers to Belonging S14: Assessing School Barriers to Belonging S15: Clarifying School Barriers to Belonging S21: Developing Habits for Belonging S22: Improving Habits for Belonging	S05: Defining Leadership S06: Connecting Values & Leadership S07: Practicing Values as Leaders S08: Connecting Purpose to Academics S09: Connecting Purpose to Society S10: Using My Influence for Personal Pursuits S14: Developing Leadership Habits S15: Practicing Leadership Habit
	Student demonstrates an awareness of when help is needed and who can provide it.	S04: Upholding Community Agreements S13: Understanding Social Support S19: Asking for Help	S04: Upholding Community Agreements S08: Clarifying Values & Well-Being S22: Improving Well-Being Habits	S16-20: Dismantling Barriers to Belonging S21: Developing Habits for Belonging S22: Improving Habits for Belonging	S10: Using My Influence for Personal Pursuits S17: Expanding Our Circle of Empathy S19-20: Leaving a Legacy



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Self-Management	Student demonstrates the skills to manage and express one's emotions, thoughts, impulses, and stress in constructive ways.	S06: Understanding Values S13: Understanding Social Support S14: Practicing Social Support S19: Asking for Help	S03: Developing Community Agreements S05: Understanding Mental Health S06: Understanding Well-Being S07: Connecting Values & Well-Being S08: Clarifying Values & Well-Being S14: Understanding Stress S15: Coping with Stress	S05: Clarifying Values to Increase Engagement S06: Practicing Values to Increase Engagement S13: Assessing Individual Barriers to Belonging S14: Assessing School Barriers to Belonging	S03: Developing Community Agreements S04: Upholding Community Agreements S07: Practicing Values as Leaders S13: Practicing Well-Being Habits S16: Understanding Effective Empath
	Student demonstrates the skills to set, monitor, adapt, achieve, and evaluate goals.	S07: Clarifying Values S08: Practicing Values S16: Connecting Values & Friendship S18: Staying True to Your Values S20: Evaluating Personal Progress S21: Developing Goals for Next Year S22: Developing Goals for This Summer	S04: Upholding Community Agreements S09: Practicing Values & Well-Being S10: Setting Well-Being Goals S11: Building Well-Being Habits S12: Identifying Obstacles to Well-Being S13: Staying True to Our Goals S21: Creating Well-Being Habits S22: Improving Well-Being Habits S23-25: Reflecting on the Year	S03: Developing Community Agreements S04: Upholding Community Agreements S07: Understanding Well-Being S08: Examining Mental Health Myths S21: Developing Habits for Belonging S23-25: Reflecting on the Year	S05: Defining Leadership S06: Connecting Values & Leadership S10: Using My Influence for Personal Pursuits S12: Developing Well-Being Habits S13: Practicing Well-Being Habits S14: Developing Leadership Habits S15: Practicing Leadership Habits S25: Reflections



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Social Awareness	Student demonstrates empathy for other people’s emotions, perspectives, cultures, languages, and histories.	S04: Upholding Community Agreements S09: Normalizing 9th Grade Worries (Test-Taking) S10: Developing Supportive Friendships S11: Practicing Perspective-Taking S13: Understanding Social Support S14: Practicing Social Support S17: Giving Support to Friends	S04: Upholding Community Agreements S15: Coping with Stress	S04: Upholding Community Agreements S07: Understanding Well-Being S09: Understanding Ourselves S12: Reflecting on Our Stories S13: Assessing Individual Barriers to Belonging S14: Assessing School Barriers to Belonging S15: Clarifying School Barriers to Belonging S16-20: Dismantling Barriers to Belonging	S08: Connecting Purpose to Academics S11: Using My Influence for Selfless Pursuits S16: Understanding Effective Empathy S17: Expanding Our Circle of Empathy
	Student contributes productively to one’s school, workplace, and community.	S05: Normalizing 9th Grade Worries	S04: Upholding Community Agreements S09: Practicing Values & Well-Being S10: Setting Well-Being Goals S11: Building Well-Being Habits S12: Identifying Obstacles to Well-Being S13: Staying True to Our Goals S21: Creating Well-Being Habits S22: Improving Well-Being Habits S S23-25: Reflecting on the Year	S03: Developing Community Agreements S09: Understanding Ourselves S14: Assessing School Barriers to Belonging S15: Clarifying School Barriers to Belonging S16-20: Dismantling Barriers to Belonging S21: Developing Habits for Belonging S22: Improving Habits for Belonging	S04: Upholding Community Agreements S05: Defining Leadership S11: Using My Influence for Selfless Pursuits



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Social Awareness	Student demonstrates an awareness and respect for one's similarities and differences with others.	S03: Developing Community Agreements S11: Practicing Perspective-Taking S15: Strengthening Empathy with Perspective-Taking		S12: Reflecting on Our Stories S13: Assessing Individual Barriers to Success S14: Assessing School Barriers to Belonging S15: Clarifying School Barriers to Belonging S21: Developing Habits for Belonging	S03: Developing Community Agreements S11: Using My Influence for Selfless Pursuits S17: Expanding Our Circle of Empathy
	Student recognizes leadership capacity in themselves and others.	S19: Asking for Help	S03: Developing Community Agreements S16-20: Promoting Well-Being S22: Improving Well-Being Habits S24-25: Reflecting on the Year	S08: Examining Mental Health Myths S14: Assessing School Barriers to Belonging S15: Clarifying School Barriers to Belonging S16-20: Dismantling Barriers to Belonging S22: Improving Habits for Belonging	S06: Connecting Values and Leadership S11: Using My Influence For Selfless Pursuits S14: Developing Leadership Habits S15: Practicing Leadership Habits S19: Leaving A Legacy (School) S25: Reflections



CHARACTERSTRONG HIGH SCHOOL SEL Curriculum & CASEL Framework

Anchor Standard	Learning Standards	Grade 9	Grade 10	Grade 11	Grade 12
Relationship Skills	Student uses a range of communication skills to interact effectively with individuals of diverse backgrounds, abilities, languages, and lifestyles.	S05: Normalizing 9th Grade Worries S10: Developing Supportive Friendships S11: Practicing Perspective-Taking S14: Practicing Social Support S15: Strengthening Empathy with Perspective-Taking	S04: Upholding Community Agreements	S04: Upholding Community Agreements S21: Developing Habits for Belonging	S03: Developing Community Agreements S18: Developing a Critical Consciousness S21-22: Working Together (Community)
	Student cultivates constructive relationships with individuals of diverse backgrounds, abilities, languages, and lifestyles.	S08: Practicing Values S10: Developing Supportive Friendships S15: Strengthening Empathy with Perspective-Taking	S01: Building Connections S02: Building Community S16-20: Promoting Well-Being	S01: Building Connections S02: Building Community S13: Assessing Individual Barriers to Belonging S14: Assessing School Barriers to Belonging S15: Clarifying School Barriers to Belonging S22: Improving Habits for Belonging	S01: Building Connections S02: Building Community S04: Upholding Community Agreements S17: Expanding Our Circle of Empathy S18: Developing a Critical Consciousness S21-22: Working Together (Community)
	Student demonstrates the skills to respectfully engage in and resolve interpersonal conflicts in various contexts.	S01: Building Connections S02: Building Community	S03: Developing Community Agreements S16-20: Promoting Well-Being	S03: Developing Community Agreements S15: Clarifying School Barriers to Belonging S16-20: Dismantling Barriers to Belonging	S05: Defining Leadership S18: Developing a Critical Consciousness S21-22: Working Together (Community)



CHARACTERSTRONG HIGH SCHOOL SEL Curriculum & CASEL Framework

Anchor Standard	Learning Standards	Grade 9	Grade 10	Grade 11	Grade 12
Responsible Decision-Making	Student considers the well-being of self and others when making decisions.	S14: Practicing Social Support S17: Giving Support to Friends S18: Staying True to Your Values S19: Asking for Help	S11: Building Well-Being Habits S12: Identifying Obstacles to Well-Being S14: Understanding Stress S15: Coping with Stress S21: Creating Well-Being Habits S22: Improving Well-Being Habits	S13: Assessing Individual Barriers to Belonging S14: Assessing School Barriers to Belonging S15: Clarifying School Barriers to Belonging S16: Dismantling Barriers to Belonging S17-20: Dismantling Barriers to Well-Being S21: Developing Habits for Belonging S22: Improving Habits for Belonging	S12: Developing Well-Being Habits S13: Practicing Well-Being Habits S14: Developing Leadership Habits S15: Practicing Leadership Habits S19-20: Leaving a Legacy (School) S23-24: Bettering Our World (Global)
	Student uses a systematic approach to decision making in a variety of situations.	S03: Developing Community Agreements S04: Upholding Community Agreements S12: Coping with Stress S18: Staying True to Your Values	S07: Connecting Values & Well-Being S08: Clarifying Values & Well-Being S13: Staying True to Our Goals	S06: Practicing Values to Increase Engagement S15: Clarifying School Barriers to Belonging	
	Student applies problem-solving skills to engage responsibly in a variety of situations.	S06: Understanding Values S12: Coping with Stress S14: Practicing Social Support S19: Asking for Help	S12: Identifying Obstacles to Well-Being S13: Staying True to Our Goals S17-21: Promoting Well-Being	S05: Clarifying Values to Increase Engagement S14: Assessing School Barriers to Belonging S15: Clarifying School Barriers to Belonging S16-20: Dismantling Barriers to Belonging S21: Developing Habits for Belonging	S02: Building Community S06: Connecting Values & Leadership S07: Practicing Values as Leaders S08: Connecting Purpose to Academics S19: Leaving a Legacy (School)



CHARACTERSTRONG HIGH SCHOOL SEL Curriculum & ASCA Standards

Category	Standards	Grade 9	Grade 10	Grade 11	Grade 12
Mindset Standards	M1: Belief in development of whole self, including a healthy balance of mental, social/emotional, and physical well-being	S06: Understanding Values	S05: Understanding Mental Health S06: Understanding Well-Being S08: Clarifying Values & Well-Being	S07: Understanding Well-Being S08: Examining Mental Health Myths	
	M2: Self-confidence in ability to succeed	S03: Developing Community Agreements S04: Upholding Community Agreements	S07: Connecting Values & Well-Being S08: Clarifying Values & Well-Being	S05: Clarifying Values to Increase Engagement S06: Practicing Values to Increase Engagement	S06: Connecting Values & Leadership S07: Practicing Values as Leaders
	M3: Sense of belonging in the school environment	S01: Building Connections S02: Building Community	S01: Building Connections S02: Building Community S03: Developing Community Agreements S04: Upholding Community Agreements	S01: Building Connections S02: Building Community S03: Developing Community Agreements S04: Upholding Community Agreements	S01: Building Connections S02: Building Community S03: Developing Community Agreements S04: Upholding Community Agreements
	M4: Understanding that postsecondary education and life-long learning are necessary for long-term career success				S05: Defining Leadership S08: Connecting Purpose to Academics
	M5: Belief in using abilities to their fullest to achieve high-quality results and outcomes	S05: Normalizing 9th Grade Worries (Belonging) S07: Clarifying Values S08: Practicing Values	S04: Upholding Community Agreements	S04: Upholding Community Agreements S05: Clarifying Values to Increase Engagement S06: Practicing Values to Increase Engagement	S04: Upholding Community Agreements S05: Defining Leadership S06: Connecting Values & Leadership S07: Practicing Values as Leaders S08: Connecting Purpose to Academics
	M6: Positive attitude toward work and learning				



CHARACTERSTRONG HIGH SCHOOL SEL Curriculum & ASCA Standards

Category	Standards	Grade 9	Grade 10	Grade 11	Grade 12
Behavior Standards	Learning Strategies: Processes and tactics students employ to aid in the cognitive work of thinking, remembering, or learning.	S03: Developing Community Agreements S04: Upholding Community Agreements S05: Normalizing 9th Grade Worries S06: Understanding Values S07: Clarifying Values S08: Practicing Values	S03: Developing Community Agreements S04: Upholding Agreements S05: Understanding Mental Health S06: Understanding Well-Being S07: Connecting Values to Well-Being S08: Clarifying Values & Well-Being	S03: Developing Community Agreements S04: Upholding Agreements S05: Clarifying Values to Increase Engagement S06: Practicing Values to Increase Engagement S07: Understanding Well-Being S08: Examining Mental Health Myths	S03: Developing Community Agreements S04: Upholding Agreements S05: Defining Leadership S06: Connecting Values & Leadership S07: Practicing Values as Leaders S08: Connecting Purpose to Academics
	Self-Management Skills: Continued focus on a goal despite obstacles (grit or persistence) and avoidance of distractions or temptations to prioritize higher pursuits over lower pleasures (delayed gratification, self-discipline, self-control).	S03: Developing Community Agreements S04: Upholding Community Agreements S05: Normalizing 9th Grade Worries S06: Understanding Values S07: Clarifying Values	S03: Developing Community Agreements S04: Upholding Agreements S05: Understanding Mental Health S06: Understanding Well-Being S07: Connecting Values to Well-Being S08: Clarifying Values & Well-Being	S03: Developing Community Agreements S04: Upholding Agreements S05: Clarifying Values to Increase Engagement S06: Practicing Values to Increase Engagement S07: Understanding Well-Being S08: Examining Mental Health Myths	S03: Developing Community Agreements S04: Upholding Agreements S06: Connecting Values & Leadership S07: Practicing Values as Leaders
	Social Skills: Acceptable behaviors that improve social interactions, such as those between peers or between students and adults.	S01: Building Connections S02: Building Community S03: Developing Community Agreements S04: Upholding Community Agreements S05: Normalizing 9th Grade Worries S06: Understanding Values S08: Practicing Values	S03: Developing Community Agreements S04: Upholding Community Agreements S06: Understanding Well-Being	S03: Developing Community Agreements S04: Upholding Community Agreements S08: Examining Mental Health Myths	S03: Developing Community Agreements S04: Upholding Community Agreements S08: Connecting Purpose to Academics