## SEL ALIGNMENT: TOP, PREPARING YOUTH TO THRIVE DOMAINS, AND CASEL CORE COMPETENCIES

<table>
<thead>
<tr>
<th>THE WHAT</th>
<th>WYMAN’S TEEN OUTREACH PROGRAM</th>
<th>PREPARING YOUTH TO THRIVE DOMAINS</th>
<th>CASEL CORE SEL COMPETENCIES</th>
</tr>
</thead>
</table>
| **Building My Skills**  
Curriculum Lessons | Emotion Management  
Decision Making  
Problem Solving  
Goal Setting | Emotion Management  
Initiative  
Problem Solving  
Teamwork | Self-Awareness  
Self-Management  
Responsible Decision-Making  
Responsible Decision-Making |
| **Connecting With Others**  
Curriculum Lessons | Community  
Empathy  
Communication  
Relationships | Responsibility  
Teamwork  
Empathy  
Teamwork | Social Awareness  
Social Awareness  
Relationship Skills  
Self-Awareness  
Relationship Skills  
Social Awareness |
| **Learning About Myself**  
Curriculum Lessons | Self-Understanding  
Social Identity  
Health & Wellness | Empathy  | Self-Awareness  
Self-Awareness  
Social Awareness |

## THE HOW

| Facilitation Guide and Training | High Quality Facilitation (HQF) | Safe Space  
Responsive Practices | Practices supportive of positive relationships among teachers and students |