


Satchel Pulse Skills solution alignment with California's TSEL developmental indicators for CASEL's five core competencies

CASEL Competency	Targeted in  Skills	TSEL developmental indicators		
		Interpersonal	Intrapersonal	Both
Relationship Skills	✓	✓		
Responsible Decision-Making	✓			✓
Self-Awareness	✓		✓	
Self-Management	✓		✓	
Social Awareness	✓	✓		

All of the following CASEL subskills are included and targeted in Satchel Pulse's *Skills* solution, both in our resources and student self-assessments.

Relationship Skills

- Communication
- Social engagement
- Relationship building
- Teamwork

Responsible Decision-Making

- Evaluating
- Analyzing situations
- Identifying problems
- Solving problems
- Ethical responsibility
- Reflecting

Self-Awareness

- Self-efficacy
- Self-confidence
- Recognizing strengths
- Identifying emotions
- Accurate self-perception

Self-Management

- Organizational skills
- Impulse control
- Goal setting
- Stress management
- Self-discipline
- Self-motivation

Social Awareness

- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others

