

# ACCOUNTABLE ME ACADEMY<sup>©</sup>

PERSONAL DEVELOPMENT FOR TEENS

**PROGRAM  
ALIGNMENT WITH  
CASEL**

## CASEL:

CASEL, or the Collaborative for Academic, Social, and Emotional Learning (or SEL), is a non-profit organization founded in 1994 that promotes SEL in schools, aiming to make it an integral part of education from preschool through high school. CASEL works to make evidence-based SEL an integral part of education. Founded in 1994, CASEL focuses on advancing the science, informing policy, and promoting evidence-based practices. CASEL outlines five core competencies for SEL: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.

## THE FIVE CASEL DOMAINS:



ACCOUNTABLE ME  
ACADEMY CASEL  
JUSTIFICATION:



EVERY MODULE IN OUR  
PROGRAM ADDRESSES ALL  
FIVE CASEL DOMAINS -

1. SELF-AWARENESS
2. SELF-MANAGEMENT
3. SOCIAL AWARENESS
4. RELATIONSHIPS
5. RESPONSIBILITY