

For nearly 30 years, Youth Entrepreneurs has heard testimonies from educators using our curriculum where their students transformed from shy, quiet, disengaged students to participating, engaged, and full-of-life by the end of the semester or school year. We believe this transformation happened because through the YE activities, students were able to practice and hone their skills related to the 5 core competencies of Social-Emotional Learning (SEL). The five core competencies can be described as follows per [The Collaborative for Academic, Social, and Emotional Learning \(CASEL\)](#):

- > **Self-Awareness:** The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."
- > **Social Awareness:** The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and support.
- > **Self-Management:** The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations – effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.
- > **Relationship Skills:** The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.
- > **Responsible Decision Making:** The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the wellbeing of oneself and others.

Practicing SEL aligns with YE's core pillar, Essential/Soft Skills, as students learn more about themselves and how they can better relate to others they interact with. In addition to learning and practicing SEL, YE educators have commonly taught using [culturally responsive teaching strategies](#). SEL and culturally responsive teaching complement one another as this approach recognizes the importance and influence of students' culture, language and life experiences which impact the way they interpret and practice SEL skills. As YE empowers educators to help students reach their potential, the SEL competencies paired with culturally responsive teaching strategies are integral pieces of YE's experiential approach to learning.

How to use the table below:

> The table below organizes Youth Entrepreneurs' virtual learning activities by CASEL's 5 Core Competencies for SEL. Educators looking to reinforce particular competencies can look at this table to easily see which activities emphasize that competency. Note that while there are a few specific activities connected to the "Self-Management" Competency, we believe that "Self-Management" can and should be emphasized in each activity as students learn to effectively manage stress, control personal impulses, and motivate oneself to achieve their goals.

Self-Awareness	Social Awareness	Self-Management	Relationship Skills	Responsible Decision Making
S.W.O.T. Analysis	Alphabet Soup	Alphabet Soup	Decade of Entrepreneurs	One Red Paperclip
S.M.A.R.T. Goals	One Red Paperclip	Speak Out Cards	S.M.A.R.T. Goals	Promotional Mix
Back of the Napkin	Zip Code Lookup	Mock Ups	Social Media Plan	Target Market Person
Cowboy Inkblot and Find the Numbers	Promotional Mix	The Codec	Back of the Napkin	S.W.O.T. Analysis
Pitch It	100 Entrepreneurs		Cowboy Inkblot and Find the Numbers	Hack My School
Explore Your World	Target Market Person		Footwear Design Project	Hershey's Market Research
Foundational Value Face Off	Decade of Entrepreneurs		Speak Out Cards	Dirt and Worms
Dirt and Worms	Social Media Plan		Disruptus	Eye Spy
Personal Branding Project	Hack My School		Mock Ups	Business Model Canvas
Eye Spy	Pitch It		FV Interviews	John Stossel's Greed
FV Interviews	Explore Your World		Business Model Canvas	Ice Cream Sundae
The Codec	Footwear Design Project		I, Pencil	
Ice Cream Sundae	Foundational Value Face Off			
	Hershey's Market Research			
	Disruptus			
	Personal Branding Project			
	I, Pencil			
	John Stossel's Greed			