

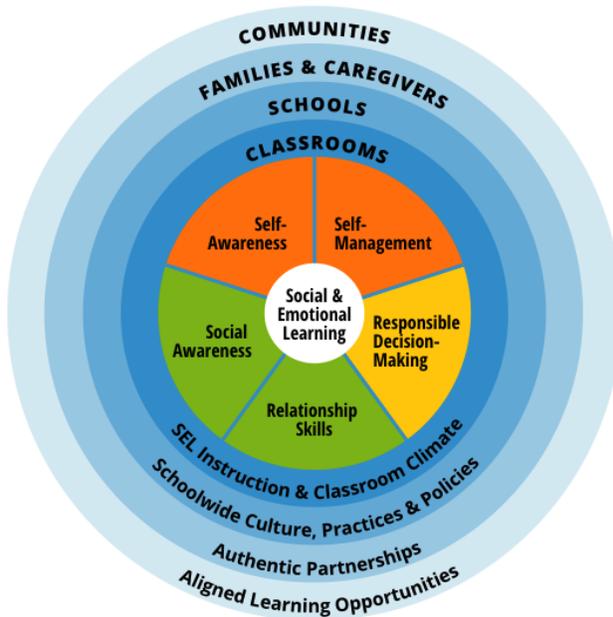
LSCI Within an SEL Framework

The Collaborative for Social and Emotional Learning (CASEL) defines social emotional learning (SEL) as the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions, achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

The LSCI approach integrates social emotional learning (SEL) instruction as part of its consistent six-stage process that guides adults in helping young people find solutions for challenging problems. Read on to learn how LSCI supports the [CASEL 5](#)—the five core competence areas that articulate what young people need for academic success, school and civic engagement, health and wellness, and fulfilling careers (CASEL, 2022.)

1. **SELF-AWARENESS:** The LSCI Conflict Cycle expands a young person's ability to understand the connection between their unique set of perceptions, thoughts and feelings and their behavior during stressful situations.
2. **SOCIAL AWARENESS:** Through its Timeline, Insight and New Skills stages, LSCI helps young people increase their awareness of the perspectives of others and builds empathy for peers and adults, including those from diverse backgrounds and cultures.
3. **RESPONSIBLE DECISION-MAKING:** LSCI promotes responsible decision-making by systematically guiding young people to reflect on their behavioral choices and social interactions.
4. **SELF-MANAGEMENT:** Through its trauma-informed lens, LSCI helps young people better understand their perceptions, feelings, and thoughts in ways that allow them to make long-term changes in behavior.
5. **RELATIONSHIP SKILLS:** Based on the belief that young people need to feel heard and understood, along with the knowledge that relationships are the agents of change (Perry

& Szalavitz, 2017), the LSCI process cultivates growth, insight, and long-term change into the lives of children, adolescents, and families (Long, et al, 2021).



Reference:

CASEL. (2022). CASEL'S SEL FRAMEWORK: What are the core competence areas and where are they promoted? [White paper]. Retrieved on September 25, 2022.

<https://casel.org/casel-sel-framework-11-2020/?view=true>