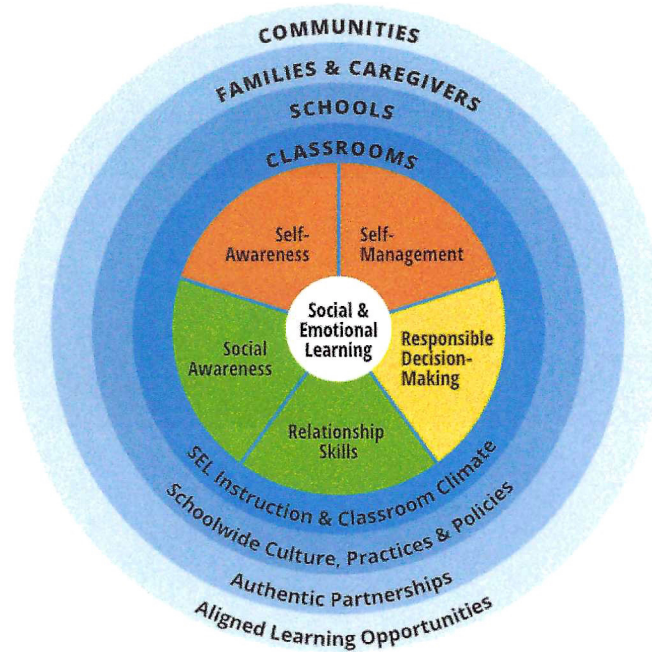




Synthesizing SEL, Executive Functioning Competencies, and Clinical Symptom Expression



The CASEL 5 and Essential Executive Functioning Competencies

Self-Awareness	Self-Management	Responsible Decision Making	Relationship Skills	Social Awareness
<ul style="list-style-type: none"> • Self-monitoring • Mindfulness • Delay of gratification 	<ul style="list-style-type: none"> • Task initiation • Stress tolerance • Time management • Planning • Impulse control • Perseverance • Organization 	<ul style="list-style-type: none"> • Flexible thinking • Problem-solving • Prioritization • Working memory • Exploration/discovery 	<ul style="list-style-type: none"> • Verbal/nonverbal communication • Reading emotional cues • Sacrifice • Compromise • Sharing • Negotiation • Coordination 	<ul style="list-style-type: none"> • Insight • Perspective • Attention • Focus • Listening • Environmental awareness • Self-soothing

Impacted by:

Baseline mood	Personality style	Psychosocial stressors	Coping skill effectiveness
<ul style="list-style-type: none"> • Fear • Anger • Sadness • Happiness 	<ul style="list-style-type: none"> • Attachment style • Capacity for empathy • Dependency/autonomy spectrum 	<ul style="list-style-type: none"> • Trauma history • Adverse Childhood Experiences (ACE) • Medical compromise • Environmental stability 	<ul style="list-style-type: none"> • Non-disrupted functions across a range of life circumstances. vs. • Emotional symptoms interfere with relationships, school, work, and wellness.

Create symptoms in predictable clinical diagnostic areas:

Learning difficulties	Motor coordination	Expressive/receptive language	Attention deficit
Secure/insecure attachment	Conduct/Oppositionality	Separation anxiety	Abuse/neglect/trauma