



**CAN DO U**

## **CASEL COMPETENCY ALIGNMENT: '23-24 PLAYLIST**

Our curriculum stands out in its genuine alignment with the CASEL competencies, uniquely tailored to meet the developmental needs of high school students. We delve beyond conventional teaching methods, using engaging, real-world scenarios that resonate with teenagers, fostering not only academic growth but also essential life skills. Each lesson is intricately designed to cultivate **self-awareness, social awareness, responsible decision-making, relationship skills, and self-management**, ensuring students are well-equipped for both personal and professional success. By intertwining these core competencies into our content, we prepare students to navigate the complexities of the modern world with confidence and empathy, making our curriculum a pivotal tool in shaping well-rounded, emotionally intelligent individuals.

### **SOCIAL & EMOTIONAL LEARNING**

**SELF-MANAGEMENT** Managing one's emotions • Identifying and using stress management strategies • Exhibiting self-discipline

**SOCIAL AWARENESS** Taking others' perspectives • Recognizing strengths in others • Demonstrating empathy and compassion

**RELATIONSHIP SKILLS** Communicating effectively • Developing positive relationships

**SELF-AWARENESS** Integating personal and social identities • Identifying personal, cultural, and linguistic assets

**RESPONSIBLE DECISION-MAKING** Demonstrating curiosity and open-mindedness • Learning how to make a reasoned judgment after analyzing information, data, and facts

## **RESEARCH BASED**

Can Do U's curriculum is firmly rooted in research-based principles, drawing on the most current and comprehensive studies in adolescent development. This approach ensures that our content is not just **engaging** but also deeply **relevant** to the evolving needs of today's high school students. By aligning our educational strategies with cutting-edge research, we provide a dynamic and effective learning experience that fosters **both academic and personal growth** in adolescents.

## **IMPLEMENTATION**

Can Do U's videos are designed for effortless implementation, allowing educators of any background to utilize them with **zero preparation**. Popular implementation methods include Tier One, as part of a larger school-wide initiative, by elective teachers, or in homerooms. Their versatility and ease of use make these videos an ideal resource for enhancing the educational experience without adding to the workload of busy teachers.



# VIDEO & ACTIVITY ALIGNMENT

This table provides a concise alignment of Can Do U's video lessons with CASEL competencies, highlighting the primary and secondary social-emotional learning aspects addressed in each video along with the core topic.

## PRIMARY COMPETENCY

## SECONDARY COMPETENCY

VIDEO TITLE	TOPIC	PRIMARY COMPETENCY					SECONDARY COMPETENCY			
		Self-Awareness	Responsible Decision-Making	Social Awareness	Self-Management	Relationship Skills	Self-Awareness	Responsible Decision-Making	Social Awareness	Self-Management
Purpose Driven Pt. 1	Finding Purpose	✓					✓			
Purpose Driven Pt. 2	Living Our Purpose	✓					✓			
Chasing the High Part 1	Drug Use, Abuse, and Addiction		✓					✓		
Chasing the High Part 2	Drug Use, Abuse, and Addiction		✓					✓		
Emotionally Empowered Pt1	Emotional Intelligence	✓							✓	
Emotionally Empowered Pt 2	Managing Emotions	✓							✓	
The Holiday Trap Pt. 1	Holiday Stress	✓						✓		
The Holiday Trap Pt. 2	Generosity			✓						✓
Now What? Part 1 (Trade Schools)	Higher Education Choices	✓					✓			
Now What? Part 2 (Colleges)	Higher Education Choices	✓					✓			
Listen Up Part 1	Active Listening			✓						✓
Listen Up Part 2	Active Listening			✓						✓
In the Moment Part 1	Mindfulness				✓		✓			
In the Moment Part 2	Mindfulness				✓		✓			
May the Force Be With You Part 1	Peer Pressure		✓							✓
May the Force Be With You Part 2	Peer Pressure		✓							✓
Likeless Social Media Part 1	Social Media Awareness	✓						✓		
Likeless Social Media Part 2	Social Media Awareness	✓						✓		
Time Machine Part 1	Goal Setting				✓		✓			
Time Machine Part 2	Goal Achievement				✓		✓			
Futuristic	Creating a Vision				✓		✓			
How to Get Hired	Job Skills		✓					✓		
Take a Breather Part 1	Stress Management				✓		✓			
Take a Breather Part 2	Stress Management				✓		✓			
Decisions Decisions	Making Choices			✓						✓
Reflection Point	Reflecting on Experiences	✓								✓
Black History Month	Cultural Awareness				✓		✓			
Kindness Week	Promoting Kindness					✓		✓		
Hispanic Heritage Month	Cultural and Heritage Appreciation			✓			✓			