

CASEL Competencies Alignment with **Success Bound**



This chart demonstrates how the Success Bound middle school curriculum aligns with the CASEL Framework.

Collaborative for Academic, Social, & Emotional Learning (CASEL)

Social and emotional learning (SEL) is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions. The CASEL Framework identifies five broad, interrelated areas of competence: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.

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Success Bound

Success Bound is a curriculum for middle grade students to explore their identities and futures, expanding their outlook on postsecondary opportunities and developing the academic and life skills needed for success and wellbeing. The Success Bound curriculum utilizes an integrated approach to social & emotional learning (SEL) throughout all lessons, with specific capacities from the CASEL Framework identified in the standards section of the lesson plans and integration notes embedded to provide instructors with guidance about how to emphasize and make explicit the SEL skills students are practicing. The chart below demonstrates how Success Bound lessons align with the five CASEL competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision-Making.

6th Grade

Lesson	Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision-Making
Unit 0: Launch of Success Bound					
What is Success Bound?		✓		✓	✓
Pre Survey					
Student Questionnaire	✓			✓	✓
Unit 1 : My Identity and Life Vision					
Working as a Team				✓	✓
My Vision Board	✓	✓			
Goal-Setting	✓	✓			
Understanding Your Beliefs and Values	✓		✓		
Once Upon a Time	✓				✓
Adjusting to 6th Grade	✓		✓	✓	✓
Unit 2 : Keys to Academic Success					
My Learning Style	✓	✓			✓
Making the Grade		✓			✓
Understanding GPA					✓
6th grade Attendance and Grades		✓			✓
Taking Ownership for		✓	✓	✓	

My Success					
Asking for Help					
Unit 3: Keys to Life Success					
Organizing My Life					
Stress and the Brain					
True Colors: Determining Your Strengths					
The Stretch Zone					
Conflict Scenarios					
Collaboration Challenge: Building a House					
Unit 4 : Postsecondary Pathways (College and Career)					
Big Dreams, Big Futures					
Jobs Discussion					
Education Pathways					
Show Me the Money					
Connecting Interests with Careers					
Career Presentation					
Unit 5 : Preparing for the Next Phase					
Middle School Dos and Don'ts					
Preparing for 7th grade					
My Success Bound					

Backpack					
My Success Team	✓		✓	✓	
My Action Board	✓	✓			✓
Small Wins, Big Wins	✓	✓		✓	✓
Post Survey					
Unit 6 : High School Application Process					
Introduction to the High School Process	✓	✓			
Introduction to High School Research	✓	✓			✓

7th Grade

Lesson	Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision-Making
Unit 0: Launch of Success Bound					
What is Success Bound?		✓	✓		✓
Pre Survey					
Student Questionnaire	✓			✓	✓
Unit 1 : My Identity and Life Vision					
Communicating Effectively	✓	✓		✓	
My Life List	✓	✓			
S.M.A.R.T Goals	✓	✓			✓
Know Who You Are and Where You Come From	✓		✓	✓	
Who's in Your Corner?	✓			✓	
Navigating Middle School	✓		✓	✓	✓
Unit 2 : Keys to Academic Success					
Understanding Motivation	✓	✓			
Understanding On-track		✓			✓
Grades and High School	✓		✓	✓	✓

7th grade Attendance and Grades		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
Supporting Myself and My Peers	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Finding Solutions		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Unit 3: Keys to Life Success					
Time Management Tools	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
Positive Coping Strategies	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Knowing What Drives Me	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		
Boundaries and Consent			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Making Amends		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Collaboration Challenge: Surviving on the Moon			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Unit 4 : Postsecondary Pathways (College and Career)					
Living Out Career Dreams	<input checked="" type="checkbox"/>				
The Path to My Career Goal	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>
College Discussion	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Lifestyle Exploration		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Skills and Interest Mash-Up	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Designing Your Dream					

















Job	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
Unit 5 : Preparing for the Next Phase					
7th Grade Declassified	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Preparing for 8th grade	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Learning From Student Stories Pt 1	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		
Learning From Student Stories Pt 2			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Holding Myself Accountable	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Pep Talk to Future Me	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Post Survey					
Unit 6 : High School Application Process					
High School Admissions	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
Launching High School Research		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Understanding High School Fit	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
Understanding High School Match		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
Understanding High School Data		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Creating My High School List	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>

8th Grade


















Lesson	Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision-Making
Unit 0: Launch of Success Bound					
What is Success Bound?		✓		✓	✓
Pre Survey					
Student Questionnaire	✓			✓	✓
Unit 1 : My Identity and Life Vision					
Creative Problem-Solving		✓		✓	✓
Backwards Mapping My Life	✓	✓			
WOOP Goals	✓	✓			✓
Know Who You Are Right Now	✓		✓		
Taking the Lead	✓		✓		
Leadership in My School	✓		✓	✓	✓
Unit 2 : Keys to Academic Success					
The Teenage Brain	✓	✓	✓		
High School Transcripts					✓
Grades and Postsecondary		✓		✓	✓

8th grade Attendance and Grades		✓			✓
Advocating for My School Community			✓	✓	✓
Becoming Agents of Change		✓	✓	✓	✓
Unit 3: Keys to Life Success					
Study Skills and Learning Strategies	✓	✓			
Stress Less Strategies	✓	✓			
How I Make a Difference	✓		✓		✓
Building Relationships			✓	✓	
Becoming an Upstander			✓	✓	✓
Collaboration Challenge: Shipwreck			✓	✓	✓
Unit 4 : Postsecondary Pathways (College and Career)					
Be Your Own Role Model	✓	✓			
College Pathways	✓	✓			✓
Majors and Career Interests	✓	✓			✓
Postsecondary Hacks				✓	✓
High School and Careers		✓		✓	✓
Life After High School Graduation	✓	✓	✓	✓	

Unit 5 : Preparing for the Next Phase

Day in the Life of a Middle Schooler					
Preparing for High School					
Navigating High School					
Navigating New Relationships					
Summer Planning					
The Celebration Album					
Post Survey					

Unit 6 : High School Application Process

Reviewing High School Admissions					
Reviewing High School Research					
Open Houses and Info Sessions: Reviewing High School Fit					
Ranking My Options: Reviewing High School Match					
Creating My Top Five					
Preparing to Apply to High School					
Parent/Guardian Support for High School		