

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 Intregating 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

EVIDENCE BASED

In Control'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 middle 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

In Control'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.



6TH GRADE VIDEO & ACTIVITY ALIGNMENT

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

CASEL COMPETENCIES

VIDEO TITLE	Self-Awareness	Responsible Decision-Making	Social Awareness	Self-Management	Relationship Skills
Growth Mindset Part 1: Change is Possible	✓	✓		✓	
Growth Mindset Part 2: Power of Neuroplasticity	✓	✓		✓	
Growth Mindset Part 3: Embracing Failure	✓	✓		✓	
Goals Part 1: How to Achieve Your Goals				✓	
Goals Part 2: Mastering Goal Setting for Success and Happiness				✓	
Goals Part 3: The Secret to Success		✓		✓	
Taking Control Pt. 1: The Power of Self-Discipline over IQ				✓	
Taking Control Pt. 2: Winning Over Temptations with Self-Discipline	✓			✓	
Taking Control Pt. 3: The Power of the Right Circle	✓			✓	
Holiday Wishes Part 1: The Happiness Myth	✓		✓		
Holiday Wishes Part 2: Rise Above Comparison	✓			✓	
Holiday Wishes Part 3: The Gift of Time and Action			✓	✓	
Moods Part 1: Understanding Emotion Regulation	✓			✓	
Moods Part 2: The Ability to Change Emotions	✓				
Moods Part 3: How to Gain Control of Your Emotions	✓			✓	
Mental Health Matters Part 1: Sixth Grade			✓	✓	
Mental Health Matters Part 2: Sixth Grade			✓	✓	
Mental Health Matters Part 3: Sixth Grade			✓	✓	
Unstoppable Part 1: Cultivating Grit	✓			✓	
Unstoppable Part 2: The True Formula for Success	✓			✓	
Unstoppable Part 3: Measuring Your Grit	✓				
The Offseason Part 1: They Key to Growth	✓	✓		✓	
The Offseason Part 2: Gameplan for Success	✓	✓		✓	
The Offseason Part 3: Practice Makes Better	✓	✓		✓	



7TH GRADE VIDEO & ACTIVITY ALIGNMENT

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

CASEL COMPETENCIES

VIDEO TITLE	Self-Awareness	Responsible Decision-Making	Social Awareness	Self-Management	Relationship Skills
Middle School Mindset Part 1: Embracing Growth Mindset	✓	✓		✓	
Middle School Mindset Part 2: Overcoming Fixed Mindset	✓	✓		✓	
Middle School Mindset Part 3: The Power of Neuroplasticity	✓	✓		✓	
Goalsetting Gamified Part 1				✓	
Goalsetting Gamified Part 2				✓	
Goalsetting Gamified Part 3				✓	
Connected Part 1: Navigating Middle School Friendships					✓
Connected Part 2: Navigating Middle School Relationships			✓		✓
Connected Part 3: Navigating Parental Relationships			✓		✓
Holiday Wishes: Level 1 - The Power of Gratitude	✓		✓	✓	
Holiday Wishes Level 2 - Part 2: Expressing Gratitude for the Happiest Holidays	✓		✓	✓	
Holiday Wishes Level 2 - Part 3: Maximizing Your Holiday Break for a Fulfilling Return	✓		✓	✓	
Built for It - Part 1: Embracing Adversity and Building Resilience	✓			✓	
Built for It - Part 2: Shifting Focus - The Power of Positivity	✓			✓	
Built for It - Part 3: Overcoming Adversity- Our Actions Matter		✓			
Mental Health Matters- 7th Grade Part 1			✓	✓	
Mental Health Matters- 7th Grade Part 2			✓	✓	
Mental Health Matters- 7th Grade Part 3			✓	✓	
Manners Matter: Part 1 - The History and Importance of Manners			✓	✓	
Manners Matter: Part 2: First Impressions			✓	✓	
Manners Matter Part 3: Understanding Communication			✓	✓	✓
Rearview Mirror Part 1: The Power of Self Reflection	✓			✓	
Rearview Mirror Part 2: The Power of Self Reflection	✓			✓	
Rearview Mirror Part 3: The Power of Self Reflection	✓				



8TH GRADE VIDEO & ACTIVITY ALIGNMENT

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

CASEL COMPETENCIES

VIDEO TITLE	Self-Awareness	Responsible Decision-Making	Social Awareness	Self-Management	Relationship Skills
High School Mindset Part 1: Thrive Not Just Survive Your School Year	✓		✓	✓	
High School Mindset Part 2: Embracing Responsibility	✓		✓	✓	
High School Mindset Part 3: Asking for Help	✓		✓	✓	
Balancing Act Part 1: Finding Harmony in a Busy Life				✓	✓
Balancing Act Part 2: Categorizing Tasks for Effective Time Management				✓	✓
Balancing Act Part 3: Scheduling Fun for Stress Relief and Life Balance				✓	
Crushed (A Dating Series) Part 1: The Before Phase of Relationships					✓
Crushed (A Dating Series) Part 2: The During Phase of Relationships					✓
Crushed (A Dating Series) Part 3: The After Phase of Relationships					✓
Mindful: Middle School Mindfulness Part 1	✓			✓	
Mindful: Middle School Mindfulness Part 2	✓			✓	
Mindful: Middle School Mindfulness Part 3	✓			✓	
The Real World Part 1: Connecting Middle School to Future Success		✓	✓		
The Real World Part 2: College Exploration Made Easy		✓	✓		
The Real World Part 3: Trade Schools and Pursuing Your Passion		✓	✓		
Mental Health Matters (8th Grade) Part 1: Recognizing Signs & Seeking Help			✓	✓	
Mental Health Matters (8th Grade) Part 2: Supporting a Friend in Need			✓	✓	
Mental Health Matters (8th Grade) Part 3: Suicide Prevention			✓	✓	
This Is Me Part 1: Embracing Your Identity	✓		✓		
This is Me Part 2: The Impact of Alienation and Exclusion	✓		✓		
This is Me Part 3: Authenticity	✓		✓		
Middle School Recap Part 1	✓			✓	
Middle School Recap Part 2	✓			✓	
Middle School Recap Part 3	✓			✓	