



KCSOS

Kern County Superintendent of Schools

School-Community Partnerships Presents:

Social Emotional Learning

CASEL 5 CORE COMPETENCIES: 2026-2027 WORKSHOP SERIES

SAVE THE DATES | 8:30-3:00 PM

OCT
05

SELF-AWARENESS

Understanding one's emotions, thoughts, values and the impact they have on behavior.
Recognizing strengths and limitations while fostering confidence and purpose.

NOV
17

SELF-MANAGEMENT

Effectively managing emotions, thoughts, and behaviors to achieve goals. Managing stress
and fostering motivation.

JAN
07

SOCIAL AWARENESS

Understanding and empathizing with diverse perspectives and backgrounds. Compassion,
awareness of social norms and recognition of community resources.

APRIL
01

RELATIONSHIP SKILLS

Creating and sustaining healthy relationships, effectively interacting with diverse individuals
and groups. Clear communication, active listening, and conflict resolution.

MAY
06

RESPONSIBLE DECISION MAKING

Making caring choices regarding personal behavior and social interactions, encompassing
ethical considerations, evaluating the benefits and consequences of actions.



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