

Social and emotional learning is vital for children and teens to understand and manage emotions, set and achieve goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions. Rethink Benefits is designed to provide parents/caregivers with efficient, targeted instruction of the elements and indicators grounded in the five core competencies of the Center for Academic, Social, and Emotional Learning (CASEL). Rethink Benefit's Social and Emotional Learning (SEL) draws from the applied learning and social psychology literature and was developed by experts in the field. On-demand learning modules and home-connection resources provide parents/caregivers with solutions to act as role models for the SEL skills they want to see in their child(ren), as well as tools for building healthy environments that support the well-being of the whole family.



### AWARENESS OF SELF AND OTHERS

#### SELF-KNOWLEDGE

Increases knowledge and understanding of one's own strengths, feelings, needs, and weaknesses, to better solve problems, make decisions and to grow and change in all areas of one's life.

#### EMOTIONS

Promotes the building of one's emotional intelligence through application of a set of skills that help us identify, understand and manage emotions to effectively achieve goals and live satisfying lives.

#### WANTS AND NEEDS

Shows how to distinguish between what we want versus what we need and provides strategies for identifying and meeting our needs.

#### VALUES

Promotes greater understanding of the role one's values play in life and work outcomes, as well provides strategies on how to live a value-driven life to achieve greater success and happiness.

#### GROWTH MINDSET

Explores the theory that one's underlying beliefs about learning and intelligence impact their own learning experience. Provides strategies on how to adopt a positive-growth mindset to maximize success in all areas of life.

#### LEARNING SKILLS

Provides strategies on how to learn effectively and address areas such as focus, motivation and identifying and achieving one's learning goals.



### SELF-MANAGEMENT

#### SELF-CONTROL

Discusses self-control and the ability to regulate one's feelings, thoughts and behaviors in order to achieve one's goals. Explains the concept of delayed gratification and provides strategies on how to improve self-control.

#### STRESS MANAGEMENT

Looks at the biological effects of stress and how stress is tied to our feelings, thoughts and emotions. Discusses the benefits of having an optimal level of stress and provides strategies for managing stress levels.

#### FOCUS

Provides practical strategies for how to better manage both internal and external distractions, increase our level of focus and benefit from the ability to stay focused in all areas of life.

#### GOAL SETTING

Introduces the concept of benchmark intentions and its effect on goal achievement. Provides strategies on how to set SMART goals effectively.

#### PROBLEM SOLVING

Details the steps to effective problem solving such as identifying the problem, thinking of and evaluating solutions, and selecting a solution to implement.

#### RESILIENCE

Provides a greater understanding about resilience and how to better recover from setbacks and adversity. Learn how to access resources that can help us respond to adversity and trauma in healthy ways.

## SOCIAL SKILLS

### **FAIRNESS**

Discusses the similarity and differences between fairness and equality, as well as the factors that contribute to unfair treatment. Provides suggestions on how we can enact fairness in all areas of our lives.

### **RESPECT**

Describes the role that inclusiveness and status play in demonstrating respect. Provides ways in which one can use social and communication skills, as well as our understanding of an organizational structure to promote respectful behavior.

### **FRIENDSHIP**

Talks about the characteristics of a quality friendship and the role friendship plays in our well-being. Discusses the different approaches for developing social skills to build and maintain friendships.

### **RELATIONSHIPS**

Introduces the Attraction Theory and how people are most attracted to others who share similar attitudes. Provides strategies on how practicing self-awareness, balance and effective communication can help build healthy and fulfilling relationships.

### **COOPERATION**

Promotes greater understanding of one of the key aspects to cooperative behavior such as creating positive interdependence. Provides nine effective ways to structure positive interdependence.

### **CONFLICT RESOLUTION**

Explores a greater understanding of conflict resolution and the importance of owning one's perspective and listening to the perspective of others. Provides strategies for negotiating a solution that allows everyone to feel good about the resolution.

## SOCIAL AWARENESS

### **CULTURAL COMPETENCE**

Provides strategies for how we can recognize our own biases, as well as learn to interact and engage with people from different cultures.

### **EMPATHY**

Designed to promote a greater understanding of empathy, the benefits of having empathy, and the four main threats to our ability to treat others with empathy. Provides strategies on how we can change our feelings, thoughts and behavior to build our sense of empathy.

### **SAFE AND ETHICAL BEHAVIOR**

Focuses on the topic of bullying in the context of safe and ethical behavior. Describes how to determine if bullying is taking place and effective ways to prevent and respond to bullying.

### **SUPPORT SYSTEMS**

Describes what a support system is, why it is important, and ways to identify and build an effective support system of people who we can turn to in times of need.

### **SOCIAL CONTRIBUTIONS**

Defines social contribution as doing something directly to help your family, community and world. Provides practical steps on how we can learn to make meaningful social contributions, as well as how to teach our children to do so.

### **ACTIONS AND CONSEQUENCES**

Talks about the role emotions play in our actions and how we can make conscious choices about our actions, rather than reacting with a flight-or-flight response.



## SELF-CARE

### MINDFULNESS

Talks about how we can bring intentional and careful awareness to the present with as little judgment as possible. Provides mindfulness-based practices that have positive effects on our psychological and physiological health.

### SELF-EFFICACY

Discusses how one's beliefs in his or her ability to reach a goal can mean the difference between achieving success or failure. Gives effective strategies for increasing one's level of self-efficacy.

### OPTIMISM

Looks at how optimism is a mindset and a choice. Provides eight simple tips for learning how to see ourselves, the people around us and our situations in the most favorable way possible.

### SELF-COMPASSION

Focuses on the intentional practice of bringing kindness, appreciation and gratitude to ourselves, as well as how we can increase our level of self-compassion.

### SELF-ADVOCACY

Talks about how one can self-advocate, speak up and communicate one's needs, and make informed decisions about the supports necessary to meet those needs.

### HEALTHY BOUNDARIES

Provides a greater understanding of the importance of identifying healthy boundaries, as well as making choices about one's own social, emotional, and physical health and safety. Provides ways to establish and maintain healthy boundaries.



## MENTAL HEALTH

### BULLYING PREVENTION

Provides strategies on how to prevent bullying, as well as how to recognize bullying when it happens and how to respond effectively. Identifies the social and emotional skills needed by each of the parties involved in the bullying incident — the bully, the target and the bystander.

### SUICIDE PREVENTION

Examines the risk factors to suicide, ways to prevent suicidal behavior, and common misconceptions about suicide. Learn how to recognize the warning signs to suicide and effectively respond to someone who may be showing those signs.

### ANXIETY

Provides a description of the different types of anxiety disorders, their general symptoms and how to spot and support someone who may have an anxiety disorder. Looks at the social and emotional skills that can help prevent and decrease anxiety.

### DEPRESSION

Provides an understanding of what depression is, how to spot the warning signs and support someone who may have depression. Looks at the social and emotional skills that can help prevent and decrease depression.