



GUIDANCE CURRICULUM

Guidance curriculum is taught through learning activities and planned lessons designed to foster students' spiritual, social, emotional, academic, and physical growth. It provides opportunities for all children to learn, live creatively, and relate to God, themselves, families, peers, and others responsibly.

FRAMEWORK

In supporting student social-emotional learning, we have adopted two frameworks. One from The Collaborative for Academic, Social, and Emotional Learning (CASEL) and another from the *Disciple of Christ-Education in Virtue*. CASEL fosters knowledge, skills, and mindsets across five areas of competence and multiple key settings to establish positive learning environments. The *Disciple of Christ-Education in Virtue* is steeped in a Catholic worldview and fosters cardinal and theological virtues formation.

COLLABORATIVE FOR ACADEMIC, SOCIAL, AND EMOTIONAL LEARNING (CASEL)

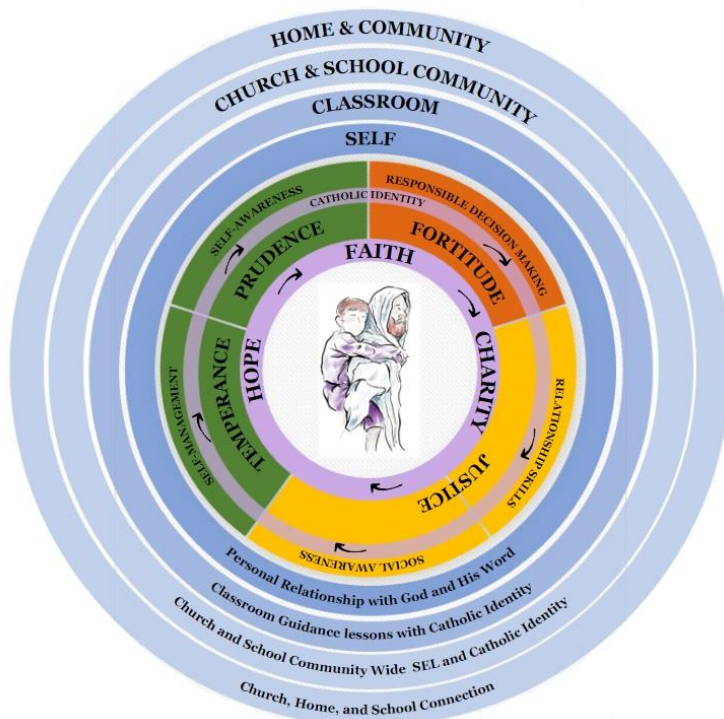
CASEL has five interrelated sets of cognitive, affective, and behavioral competencies:

- *Self-Awareness*
- *Self-Management*
- *Social Awareness*
- *Relationship Skills*
- *Responsible Decision-Making*

These five competencies support Catholic schools in building social-emotional learning environments that provide targeted lesson plans. Students acquire and effectively apply the knowledge and skills necessary to understand and manage emotions, set positive goals, show empathy for others, establish positive relationships, and make responsible decisions.

CATHOLIC IDENTITY

Catholic identity is intertwined in all five CASEL competencies, with lessons rooted in Bible passages and faith-based activities that call upon the teachings of God. Building the CASEL competencies is a process and with reflection and daily practice, students will grow and walk closer to God on their journey of self-



discovery. Students will follow in Jesus' footsteps and grow in love and compassion towards themselves, their families, and their communities.

CARDINAL VIRTUES

The CASEL competencies correspond directly to the Cardinal Virtues (moral virtues) of Temperance, Fortitude, Prudence, and Justice. The Cardinal Virtues are acquired by education and good actions. They teach students how to treat each other and to think in the right way. Virtues are gifts from God that lead us to live in a close relationship with Him. Virtues are like habits that need practice and if neglected can be lost.

THEOLOGICAL VIRTUES

There are three theological virtues: Faith, Hope, and Charity. These three virtues are the most important because they come from God and lead to God. They dispose Christians to live in a relationship with the Holy Trinity. The theological virtues are infused by God into the souls of the faithful to make them capable of acting as His children. Living a sacramental life and practicing the habits of the cardinal and theological virtues allow students to develop an integrated mind and heart. Virtues equip students to live a life of holiness, happiness, and human flourishing. The goal of a virtuous life is to become like God.