

Built on the CASEL Framework

The *Modern Manners & Mental Fortitude* curriculum is fully aligned to all five core competencies of the nationally recognized gold standard for social-emotional learning.

● Full Coverage — All Five CASEL Competencies

The **Collaborative for Academic, Social, and Emotional Learning (CASEL)** framework is the gold standard for SEL program design and evaluation. **Modern Manners and Mental Fortitude**, the flagship curriculum of **Ready for Real Life Instruction and Education**, was designed from the ground up to achieve full coverage across all five competencies, with particular depth in **Self-Management** and **Responsible Decision-Making** through our two core instructional frameworks: **PLRR** and **POCC**.

ALIGNMENT OVERVIEW

At a Glance


Every CASEL competency is addressed by specific, documented *Modern Manners and Mental Fortitude* curriculum components.

CASEL COMPETENCY	CASEL DEFINITION	PRIMARY CURRICULUM COMPONENTS
Self-Awareness	<i>Recognizing one's emotions, thoughts, and values and how they influence behavior</i>	PLRR: Pause + Label steps; Weekly Reflection Journals; Pre/Post Survey
Self-Management	<i>Regulating emotions, thoughts, and behaviors effectively in different situations</i>	PLRR: Reframe + Respond; Own It / Fix It / Follow Through (Week 12)
Social Awareness	<i>Taking the perspective of others and understanding social norms and ethics</i>	Manners in Motion Challenge; Guest Speakers; Peer Mediation; Etiquette Instruction
Relationship Skills	<i>Communicating clearly, listening actively, cooperating, navigating conflict</i>	Role-Play Simulations (Weeks 3, 7, 11); Apology & Repair Framework; Team Challenges
Responsible Decision-Making	<i>Making constructive choices based on ethics, safety, and the well-being of self and others</i>	POCC Framework; Decision Lab; The Decision Brief Performance Assessment; Scenario Cards

DEEP DIVE

How Modern Manners and Mental Fortitude Covers Each Competency


Each of the five CASEL competencies is addressed through multiple, purposefully designed curriculum components.



Self-Awareness

Recognizing one's emotions, thoughts, and values and how they influence behavior

- ▶ **PLRR: Pause & Label** — Students explicitly name their emotional state before engaging with any situation. This is direct self-awareness instruction embedded in every scenario.
- ▶ **Reflection Journals** — Weekly journaling across all 16 weeks builds the habit of observing and articulating internal states, values, and behavioral patterns.
- ▶ **Pre/Post CASEL Survey** — Administered at the start and close of the course to measure growth in self-awareness and other competencies.



Self-Management

Regulating emotions, thoughts, and behaviors effectively in different situations

- ▶ **PLRR: Reframe & Respond** — Students learn to shift their emotional frame and choose a constructive response. PLRR is our primary self-management tool. **Core Framework**
- ▶ **Pedagogical Sequencing** — Emotional regulation (PLRR) is taught before decision-making (POCC) because neuroscience confirms the prefrontal cortex is only accessible after emotional arousal is regulated.
- ▶ **Own It / Fix It / Follow Through** — A three-step accountability model (Week 12) that teaches students to manage themselves after conflict or failure.



Social Awareness

Taking the perspective of others and understanding social norms and ethics


- ▶ **Manners in Motion Challenge** — Weekly real-world social behaviors (holding a door, making introductions, giving compliments) build active awareness of how actions impact others.
- ▶ **Guest Speakers** — Veterans, first responders, business and community leaders share how social awareness shaped their lives. Students develop cross-context perspective-taking.
- ▶ **Peer Mediation (Week 12)** — Students act as mediators, requiring them to hold the perspective of both parties in a conflict without taking sides.



Relationship Skills

Communicating clearly, listening actively, cooperating, and navigating conflict constructively

- ▶ **Role-Play Simulations (Weeks 3, 7, 11)** — Three dedicated simulation weeks with increasing complexity. Week 11 integrates both PLRR and POCC together in combined scenarios.
- ▶ **Apology & Repair Framework** — A structured process for repairing relationships after conflict, including authentic acknowledgment, concrete repair steps, and behavioral follow-through.
- ▶ **Team Challenges & Peer Interviews** — Cooperative activities requiring active listening, negotiation, and shared accountability.



Responsible Decision-Making

Making constructive choices about personal behavior and social interactions based on ethics, safety, and well-being

- ▶ **POCC Framework** — Pause-Options-Consequences-Choose is our primary decision-making tool. Applied to every scenario from Week 5 forward, POCC builds a consistent, internalized decision-making habit. **Core Framework**
- ▶ **The Decision Lab** (readyforreal.life) — A digital scenario-based platform where students practice decision-making, justify choices using program unit language, and receive rubric-based scoring.
- ▶ **The Decision Brief** — A performance assessment in which students evaluate a real-world conflict scenario and justify their decision in a structured written reflection (min. 250 words) demonstrating respect, accountability, and two named decision-making strategies.
- ▶ **Scenario Prompt Cards** — A rotating library spanning peer conflict, digital communication, workplace situations, and community dilemmas. Repeated practice across diverse contexts.

CURRICULUM DESIGN

Why PLRR Comes Before POCC

Modern Manners and Mental Fortitude is built around a deliberate pedagogical sequence: **PLRR is introduced and practiced before POCC**. This is not arbitrary. Neuroscience research confirms that the prefrontal cortex—responsible for executive decision-making—is largely inaccessible when the brain is in a heightened emotional state.

Students who have not learned to regulate their emotional responses cannot reliably engage the executive function required for structured decision-making. **Teaching PLRR first ensures students have a functional regulation tool before they are asked to apply the more cognitively demanding POCC framework.**

This sequence also mirrors the CASEL framework's own internal logic: Self-Awareness and Self-Management are foundational competencies that support the development of Social Awareness, Relationship Skills, and Responsible Decision-Making. Our instructional order reflects that developmental progression.

Ready to bring Modern Manners and Mental Fortitude to your school?

Download the full CASEL Alignment Document or contact us to learn about pilot program options.

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