

Social-Emotional Intelligence Project Reflection¹ (worksheet)

WHAT IT CAN DO

This activity allows us to become more aware of ourselves individually and in relationship to a group.

When: When a Project is Completed

HOW IT WORKS

This activity allows us to become more aware of ourselves individually and in relationship to a group. In the following three areas (ways of feeling, ways of relating, and ways of doing), reflect upon a previous project. Use the diagram to give language to your experience, starting at the center and working your way outward to find as specific words as possible.

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NOTE

This is a confidential activity and will not be shared with your peers. These kinds of reflection activities can foster self-awareness about your capacity to be aware of yourself as you work alone and with others. Social-emotional intelligence refers to any person's ability to be aware of the connection between their feelings, thoughts, and actions.

¹ BFAMFAPhD adapted this activity from the worksheet that Kate Walker, Brandi Olson, and Margo Herman created for students and teachers. Kate Walker, Brandi Olson, and Margo Herman, *Social and Emotional Learning in Practice: A Toolkit of Practical Strategies and Resources*, 2nd ed. (St. Paul, MN: University of Minnesota Extension, 2019), available, <https://extension.umn.edu/what-youth-development/sel-toolkit>.



Adaptation of an Emotion Wheel.

Ways of Feeling

This is how I felt about my work:

I was aware of my emotions as I was working in the following ways:²

Were you surprised at any moment? Describe how:

Were you frustrated at any moment? Describe how:

²See James J. Gross and Oliver P. John, "Individual Differences in Two Emotion Regulation Processes: Implications for Affect, Relationships, and Well-Being," *Journal of Personality and Social Psychology* 85, no. 2 (2003): 348–362, <http://dx.doi.org/10.1037/0022-3514.85.2.348>.

Were you excited at any moment? Describe how:

Ways of Relating

I would describe the power dynamics in my group (or in my class overall) in the following ways:

I contributed to these dynamics in the following ways:

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We made group agreements and upheld them in the following ways:

Ways of Doing

I managed my time well. Describe how:

I asked questions when I needed help. Describe how:

I asked for help when I needed it. Describe how:

I accomplished my goals. Describe how: