



# Student SEL Self-Reflection - Part I

How am I feeling about my social emotional learning skills?

<b>Social Emotional Learning (SEL) Levels:</b> 1 - <b>Beginning</b> ; I demonstrate the skill at an introductory level. 2 - <b>Developing</b> ; I demonstrate the skill in certain settings and/or with supports. 3 - <b>Competent</b> ; I demonstrate the skill consistently. 4 - <b>Exceed expectations</b> ; I demonstrate the skill consistently and in various settings and situations.		Student Name: _____  Date: _____			
<b>Instructions:</b> Reflect on your 5 SEL skills. Record a self-score for each SEL skill. Identify your strengths (✓) and opportunities (*) for growth in each section.		<b>Marking Period</b>			
		1st	2nd	3rd	4th
<b>Self-Awareness</b> - I can understand my emotions, thoughts, and values, as well as my strengths and challenges, and how they influence my behavior.					
✓ Put a check next to the items you are proud of. * Put a star next to items you would like to work on. <b>ONLINE:</b> If working digitally, highlight items you are <b>proud of in green</b> and items to <b>work on in orange</b> .					
<ul style="list-style-type: none"> <li>I know what I like and dislike.</li> <li>I know how I am feeling, in good times and challenging times.</li> <li>I know who I am: my personal strengths, my cultural strengths, and my language strengths.</li> <li>I can make connect my feelings and thoughts to different situations.</li> <li>I can reflect on my own prejudices and biases, based on who I am and the experiences I have had.</li> <li>I have self-efficacy: I know I can be successful; I know I have skills and qualities.</li> <li>I have a growth mindset: I think more about how I can solve problems and make situations better than I do about how unfair challenges are; I take action to make improvements for myself.</li> <li>I pursue my interests: I try new things, I reflect on my interests, and I practice to get better at skills.</li> </ul>					
<b>Self-Management</b> - I can manage my emotions, thoughts, and behaviors effectively in different situations and achieve my goals and aspirations.					
✓ Put a check next to the items you are proud of. * Put a star next to items you would like to work on.					
<ul style="list-style-type: none"> <li>I know how to manage my emotions, making adjustments as needed.</li> <li>I know what stress-managements I can use and I can take appropriate action when needed.</li> <li>I show self-discipline with the choices I make and I show that I can motivate myself.</li> <li>I know where and from whom I can get help and support.</li> <li>I make choices and take actions that benefit my own wellbeing and school success.</li> <li>I make choices and take actions that benefit the group, such as in the whole-class and groups.</li> </ul>					



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	1st	2nd	3rd	4th
<b>Social-Awareness</b> - I can understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.				
✓ Put a check next to the items you are proud of. * Put a star next to items you would like to work on. <ul style="list-style-type: none"> <li>I can consider the perspectives of others - getting to know what others think and including their thoughts in my decision-making.</li> <li>I show concern for the feelings of others.</li> <li>I demonstrate empathy and compassion.</li> <li>I understand what gratitude is and I express it to others.</li> <li>I increase and reflect on my knowledge of cultural, racial, linguistic, class, gender, ability, and other types of identity and how those identities are shaped by society and viewed by society.</li> <li>I recognize strengths in others.</li> <li>I can identify unjust social norms, including actions motivated by bias.</li> <li>I can understand what different situations require of me and where there are opportunities for me.</li> <li>I can identify and understand inequities in my community, state, and country, including patterns of injustice that impact the rights of individual groups.</li> </ul>				
<b>Relationship Skills</b> - I can establish and maintain healthy and supportive relationships and effectively navigate settings with diverse individuals and groups.				
✓ Put a check next to the items you are proud of. * Put a star next to items you would like to work on. <ul style="list-style-type: none"> <li>I can communicate effectively with others, including with those who are a different age, gender identity, race, ethnicity, religion, sexual orientation, physical ability, or economic status from me.</li> <li>I can develop positive relationships that are constructive and healthy for each person.</li> <li>I can learn and demonstrate knowledge about different cultures.</li> <li>I can practice teamwork and collaborative problem-solving.</li> <li>I can resolve conflicts constructively.</li> <li>I can resist negative social pressure.</li> <li>I can show leadership in groups.</li> <li>I can seek help and support when needed.</li> <li>I can offer help and support to others when needed.</li> <li>I can stand up for the rights of others, taking action to help all feel a sense of belonging.</li> </ul>				
<b>Responsible Decision-Making</b> - I can make caring and constructive choices about personal behavior and social interactions across diverse situations.				
✓ Put a check next to the items you are proud of. * Put a star next to items you would like to work on. <ul style="list-style-type: none"> <li>I can show curiosity and open-mindedness.</li> <li>I can reflect on facts, information, and data to make constructive choices.</li> <li>I can identify solutions to personal problems.</li> <li>I can identify solutions to social problems.</li> <li>I can anticipate and evaluate the consequences of my actions.</li> <li>I can recognize how critical thinking skills are useful both inside and outside of school.</li> <li>I can show honesty and integrity through my words and my actions.</li> <li>I can consider my role in promoting personal well-being.</li> <li>I can consider my role in promoting family well-being.</li> <li>I can consider my role in promoting community well-being.</li> <li>I can evaluate how personal, interpersonal, community, and institutional choices impact each other, identifying inequities and empowerments.</li> </ul>				