

Personal Reflection on SEL Competencies

This tool will help you reflect on your own Social and Emotional Learning (SEL) competencies, where you wish to improve, and what you consider to be your strengths. We must be able to demonstrate the skills in order to teach them to our students. This is intended to be used only by the person completing the reflection for self-evaluation and improvement.

The Illinois SEL Learning Standards are based upon five core competencies. The 5 core competencies are self-awareness, self-management, social awareness, relationship skills, and responsible decision making. Each of the 5 core competencies will be broken down into specific skills that address that competency.

Please indicate how you would rate yourself on each of the statements related to the skills that are indicated for each core competency. Place a checkmark in the column that best represents your assessment of your skills in this area.

Rating Scale: a - d

a. Usually	b. Sometimes	c. Rarely	d. I do not understand how this skill would be demonstrated
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Self-Awareness

	a	b	C	d
1. I know my own strengths and limitations.				
2. I can identify the emotion that I am feeling at the time.				
3. I admit my mistakes and learn from them.				
4. I know when I need to take some time away from a situation.				
5. I can state my personal interests.				
6. I feel confident in new situations.				
7. I know what emotions help or hinder my ability to problem solve.				
8. I am able to express when I am hurt without withdrawal, blame or aggression.				

Self-Management

	a	b	C	d
1. I can choose from a range of behaviors those that best fit a situation.				
2. I have constructive ways of resolving conflict.				
3. I am able to control my impulses.				
4. I find healthy ways to deal with stress.				
5. I demonstrate patience in most situations.				
6. I am able to self-soothe.				
7. I make healthy choices in my personal habits (eating, smoking, drinking, etc).				
8. My personal spending is within my budget.				

Social Awareness

	a	b	c	d
1. I enjoy other people and can celebrate in their success.				
2. I am able to identify the feelings of others.				
3. I am able to see things from the perspective of others.				
4. I notice the social behaviors of others and can offer helpful suggestions when appropriate.				
5. I understand group dynamics and how to facilitate a sense of belonging and acceptance of others.				
6. I understand the multiple and complex impacts of class, race, ethnicity and sexual orientation.				
7. I work well with people of all cultures.				
8. I can demonstrate strategies for collaborating with others.				

Relationship Skills

	a	b	C	d
1. I listen carefully to others in order to gain understanding.				
2. I think about the impact of my words before speaking.				
3. I am assertive.				
4. I value the opinions of others.				
5. I recognize the feelings of others.				
6. I am able to express myself in a way that is understood by others.				
7. I am able to state my opinions without judgment or blame.				
8. I spend time with people I like.				

Responsible Decision Making

	a	b	C	d
1. I weigh the pros and cons of a situation before making a decision.				
2. I consider what impact my decisions will have on others before taking action.				
3. I consider moral, ethical and legal issues before making a decision.				
4. I avoid risky behaviors.				
5. I am able to stay within my budget.				
6. I take action in a timely manner, avoiding procrastination.				
7. I evaluate the consequences of my actions before making a decision.				
8. I analyze how my personal decision will affect my health, or the health of others.				