Social Emotional Learning Competencies Self-Check Tool

For each item, circle or highlight your rating on the scale: 1 is low and 5 is high. Rate your class or school culture.

Self-Awareness	Social Awareness	Responsible Decision Making	Self-Management	Relationship Skills
Identifying Emotions	Perspective-Taking	Identifying Problems	Impulse Control	Communication
1---2---3---4---5	1---2---3---4---5	1---2---3---4---5	1---2---3---4---5	1---2---3---4---5
Accurate Self-Perception	Empathy	Analyzing Situations	Stress Management	Social Engagement
1---2---3---4---5	1---2---3---4---5	1---2---3---4---5	1---2---3---4---5	1---2---3---4---5
Recognizing Strengths	Appreciating Diversity	Solving Problems	Self-Discipline	Relationship Building
1---2---3---4---5	1---2---3---4---5	1---2---3---4---5	1---2---3---4---5	1---2---3---4---5
Self-Confidence	Respect for Others	Evaluating	Self-Motivation	Teamwork
1---2---3---4---5	1---2---3---4---5	1---2---3---4---5	1---2---3---4---5	1---2---3---4---5
Self-Efficacy		Reflecting	Goal Setting	
1---2---3---4---5		1---2---3---4---5	1---2---3---4---5	
		Ethical Responsibility	Organizational Skills	
		1---2---3---4---5	1---2---3---4---5	

Adapted from https://www.thinkingmaps.com/reading-writing-relationship-skills-social-emotional-learning-school/