



Introducing Social and Emotional



Bell Ringer

Select the *top five skills* you think employers look for in high school

Basic Knowledge/Skills	Applied Skills
☐ 1. English Language (spoken)	☐ 10. Critical Thinking/Problem Solving
☐ 2. Reading Comprehension (in English)	☐ 11. Oral Communications
☐ 3. Writing in English (grammar, spelling, etc.)	☐ 12. Written Communications
☐ 4. Mathematics	☐ 13. Teamwork Collaboration
☐ 5. Science	☐ 14. Diversity
☐ 6. Government/Economics	☐ 15. Information Technology Application
☐ 7. Humanities/Arts	☐ 16. Leadership
☐ 8. Foreign Languages	☐ 17. Creativity/Innovation
☐ 9. History/Geography	☐ 18. Lifelong Learning/Self Direction
	☐ 19. Professionalism/Work Ethic
	☐ 20. Ethics/Social Responsibility



Notes:

What are the five Social and Emotional Learning (SEL) Building Blocks?



Reflection/Application

Who in your life has modeled positive social and emotional skills? Give examples from the SEL competency areas.

How have SEL skills had a positive influence on that person's life and relationships?

Handout 1.3.2

SELF Survey (Social and Emotional Learning Form)

Please read every statement carefully. Circle only one response for each one. Your responses are for your own reflection and will not be shared with others. Select the response that best describes how often you do the following things:

	☐ Rarely ☐	☐ Some times ☐	☐ Usually ☐	☐ Almost Always ☐	SCORE
1. I try to understand how other people feel and think.	☐ 1	☐ 2	☐ 3	☐ 4	Section A
2. I try to understand what other people go through.	☐ 1	☐ 2	☐ 3	☐ 4	
3. If my friends make fun of someone, I try to get them to stop.	☐ 1	☐ 2	☐ 3	☐ 4	
4. If a student gets teased a lot, I go out of my way to be nice to him/her in front of others.	☐ 1	☐ 2	☐ 3	☐ 4	
5. I get along with people from backgrounds that are different than mine.	☐ 1	☐ 2	☐ 3	☐ 4	
6. I understand my moods and feelings.	☐ 1	☐ 2	☐ 3	☐ 4	Section B
7. I understand why I do what I do.	☐ 1	☐ 2	☐ 3	☐ 4	
8. I feel good about my skills and talents.	☐ 1	☐ 2	☐ 3	☐ 4	
9. When something bothers me, I talk about it with someone who can help.	☐ 1	☐ 2	☐ 3	☐ 4	
10. I feel I make good decisions.	☐ 1	☐ 2	☐ 3	☐ 4	
11. When I feel stressed, I do something healthy (like exercise or rest) to reduce the tension.	☐ 1	☐ 2	☐ 3	☐ 4	Section C
12. I turn in my schoolwork on time.	☐ 1	☐ 2	☐ 3	☐ 4	
13. When I get angry, I can cool down in a few minutes.	☐ 1	☐ 2	☐ 3	☐ 4	
14. I do the best I can in school.	☐ 1	☐ 2	☐ 3	☐ 4	
15. When I have a big assignment, I spread the work out over time.	☐ 1	☐ 2	☐ 3	☐ 4	
16. I feel bad when someone gets their feelings hurt.	☐ 1	☐ 2	☐ 3	☐ 4	Section D
17. If someone disagrees with me, I try to understand how he or she sees things.	☐ 1	☐ 2	☐ 3	☐ 4	
18. I get along well with other people.	☐ 1	☐ 2	☐ 3	☐ 4	
19. I listen carefully when other people talk.	☐ 1	☐ 2	☐ 3	☐ 4	
20. My friends see me as someone they can rely on.	☐ 1	☐ 2	☐ 3	☐ 4	
21. If a friend of mine was doing something dangerous and I couldn't get him/her to stop, I would get help.	☐ 1	☐ 2	☐ 3	☐ 4	Section E
22. I don't break rules.	☐ 1	☐ 2	☐ 3	☐ 4	
23. I can work out my problems.	1	2	3	4	
24. If I am not good at a project, I work even harder.	1	2	3	4	
25. If I broke something I would admit it, even if no one saw me break it.	1	2	3	4	

26. **TOTAL SCORE = Total of all five sections:**



SELF Survey Scoring and Interpretation

Scoring Directions:

1. Add the total for each section of five questions. Example: If for the first five questions, you answered: Sometimes (2) + Usually (3) + Rarely (1) + Almost Always (4) + Sometimes (2), the total score would be 12 for Section A.
2. After you add each section, add all five sections together to get a TOTAL score. Put the total score in the right bottom corner box.

Interpretation:

1. Each section represents a different social and emotional learning (SEL) competency. Write down your score for each section
 - A. SECTION A – Social Awareness Score:
 - B. SECTION B – Self-Awareness Score:
 - C. SECTION C – Self-Management Score:
 - D. SECTION D – Relationship Skills Score:
 - E. SECTION E – Responsible Decision-Making Score:
2. Which section(s) did you score the highest in?
3. Which section(s) did you score lower in?
4. What was your TOTAL SCORE for line 26:
5. TOTAL SCORE Interpretation:
 - ☐ **75 - 100.** You make a real effort to understand and be kind to others, manage your emotions, and make thoughtful decisions.
 - ☐ **55 - 74.** You are socially and emotionally aware, but need more practice being proactive in social and academic settings.
 - ☐ **0 - 54.** You would benefit significantly from more knowledge and practice in social, emotional, and academic skill-building.