



# Rubric for Assessing Social and Emotional Competencies

Use this rubric to assess your own social and emotional learning competencies. For each statement, circle the response that best describes your level of agreement. Be honest! This assessment is for your own development and growth. Once you've responded to each statement, you'll tally your responses and determine targets and next steps for increasing your competencies.

Self-Assessment					
<b>Domain: Social Awareness</b>					
I understand and appreciate individual and group differences.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
I consider myself culturally competent.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
My students' physical and emotional safety is my top priority.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
It's easy for me to understand others' perspectives.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
I have strong morals and ethics.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
<b>Domain: Self-Management</b>					
I'm able to manage my emotions and feelings in healthy ways.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
I remain calm when addressing student misbehavior.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
I'm able to effectively manage stress.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
I regularly set and achieve goals.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
I always think before I act.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
<b>Domain: Self-Awareness</b>					
I know my social and emotional strengths.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
I know my social and emotional weaknesses.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
It's easy for me to tell people what I think or how I feel.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
I know how my emotions impact my behavior.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
I feel confident in my abilities.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
<b>Domain: Relationship Management</b>					
I'm proficient at building positive relationships with students.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
I work well on a team.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
I engage in respectful communication with others.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
I'm a good listener.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
I feel comfortable asking for help when needed.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
<b>Domain: Responsible Decision Making</b>					
I make good decisions.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
I take responsibility for my decisions.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
I consider the consequences, both for myself and others, when making decisions.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure



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I'm proficient at problem solving.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
I'm able to negotiate and compromise.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
<b>Readiness to Integrate Social and Emotional Learning</b>					
I know and understand the five domains of social and emotional learning.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
I feel prepared to integrate social and emotional learning.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
I feel prepared to model social and emotional learning skills with students.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
I know how to integrate social and emotional learning into program activities.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure
I know how to integrate social and emotional learning into my interactions with students.	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure

Tally and record your responses below. Circle the two domains or areas with the highest total of "Disagree," "Strongly Disagree" and "Unsure" responses.

<b>Tally</b>					
<b>Domain/Area</b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>	<b>Unsure</b>
Social Awareness					
Self-Management					
Self-Awareness					
Relationship Management					
Responsible Decision Making					
Readiness to Integrate Social and Emotional Learning					

Write two targets for improving your social and emotional learning competencies in the first column below. In the second column, list ways to increase your competency in each of these areas. You might wish to discuss available learning opportunities with your program leader before you finalize your next steps.

<b>Targets for Increasing Social and Emotional Learning Competencies</b>	
<b>Domains/Areas for Improvement</b>	<b>Next Steps</b>

