



Social Emotional Learning

Student Self-Assessment and Diagnostic Questions

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Student Self-Assessment

Self-awareness

Standard Question	Elementary School Version	Middle School Version	High School Version
I am confident in my decisions and actions	I am brave enough to do the things I want to do on my own	I am confident in my decisions and actions	I am confident in my decisions and actions
I know what I am good at	I know what I am good at	I know what I am good at	I know what I am good at
I use feelings words (emotional vocabulary for older ones) to describe exactly how I am feeling	I use feelings words to tell people how I am feeling	I use emotional vocabulary to describe exactly how I am feeling	I use emotional vocabulary to describe exactly how I am feeling
I know what I am good at and the things I need to work on	I know what I am good at and the things I need to work on	I know what I am good at and the things I need to work on	I know what I am good at and the things I need to work on
I believe I can learn anything if I try	I think I can learn anything if I try	I believe I can learn anything and succeed at anything I try	I believe I can learn anything and succeed at anything I try

Student Self-Assessment

Social awareness

Standard Question	Elementary School Version	Middle School Version	High School Version
I am good at understanding how other people feel	I am good at understanding how other people feel	I am good at understanding how other people feel	I am good at understanding how other people feel
I can see problems and situations from other people's point of view	I can see about how someone else might be thinking about a problem	I can see problems and situations from other people's point of view	I can see problems and situations from other people's point of view
I understand and appreciate differences among people	I know and respect differences between people	I understand and respect differences among people	I understand and appreciate differences among people
I respect other's things and feelings	I respect other's things and feelings	I respect other's things and feelings	I respect other's things and feelings

Student Self-Assessment

Self-management

Standard Question	Elementary School Version	Middle School Version	High School Version
I come to class well prepared with everything I need	I come to class with everything I need	I come to class well prepared with everything I need	I come to class well prepared with everything I need
I get my work and projects completed on time	I get my work done on time	I get my work and projects completed on time	I get my work and projects completed on time
I set goals to help me achieve the things I want to do	I set goals to help me achieve the things I want to do	I set goals to help me achieve the things I want to do	I set goals to help me achieve the things I want accomplish
I can stay calm when things/people are bothering me	I stay calm when things are bothering me	I stay calm when things/people are bothering me	I stay calm when things/people are bothering me
I stick with tasks/work even if they get hard	I stick with my work even if it gets hard	I stick with tasks/work even if they get hard	I stick with tasks/work even if they get hard
I think before I act, even when I am upset	I think before I act, even when I am upset	I think before I act, even when I am upset	I think before I act, even when I am upset

Student Self-Assessment

Responsible decision-making

Standard Question	Elementary School Version	Middle School Version	High School Version
I think of and use effective solutions to problems	I can think of answers to problems when someone is making a choice	I think of and use good solutions to problems	I think of and use effective solutions to problems
I think about a problem before taking action	I think about a problem before making a choice	I think about a problem before taking action	I think about a problem before taking action
I analyze all the parts of a problem to make a good decision	I can see all the parts of a problem before I make a choice	I consider all the parts of a problem to make a good decision	I analyze all the parts of a problem to make a good decision
I consider all the options and their consequences when making a decision	I can think about all the choices when making a decision	I consider all the options and their consequences when making a decision	I consider all the options and their consequences when making a decision
I reflect on whether the decisions I've made are good	I think about the choices I have made to see if they are good	I reflect on whether the decisions I've made are good	I reflect on whether the decisions I've made are good
I understand how my choices affect others, and try to be honest and fair	I understand that the choices I make affect other people	I understand how my choices affect others, and try to be honest and fair	I understand how my choices affect others, and try to be honest and fair

Student Self-Assessment

Relationship skills

Standard Question	Elementary School Version	Middle School Version	High School Version
I work well in a team, and others tell me that as well	I work well in a team, and other children say that too	I work well in a team, and others tell me that as well	I work well in a team, and others tell me that as well
I get along well with others	I get along well with other children	I get along well with others	I get along well with others
I know how to build good relationships with others	I know how to make good links with other people	I know how to build good relationships with others	I know how to build good relationships with others
I speak clearly to others so they understand exactly what I say and mean	I say things clearly that people understand what I mean	I speak clearly to others so they understand exactly what I say and mean	I speak clearly to others so they understand exactly what I say and mean

Student Diagnostic Assessments

Self-awareness

Standard Question	Elementary School Version	Middle School Version	High School Version
I know when I need help	I know when I need help	I know when I need help	I know when I need help
I can use lots of different words to tell people how I feel	I can use lots of different words to tell people how I feel	I can use lots of different words to tell people how I feel	I can use lots of different words to tell people how I feel
I feel better when I tell someone how I feel	I feel better when I tell someone how I feel	I feel better when I tell someone how I feel	I feel better when I tell someone how I feel
I think mistakes help you learn	I think getting it wrong can help you learn	I think mistakes help you learn	I think mistakes help you learn
I have lots of different things I like to do in and out of school	I have lots of different things I like to do in and out of school	I have lots of different things I like to do in and out of school	I have lots of different things I like to do in and out of school
I know that I feel good when I use my strengths	I know that I feel good when I do the things I am good at	I know that I feel good when I use my strengths	I know that I feel good when I use my strengths
I can see more than two strengths in myself	I have more than two strengths	I can see more than two strengths in myself	I can see more than two strengths in myself
If I work hard, I can become smarter	My abilities can get better, if I work hard	If I work hard, I can improve my abilities	If I work hard, I can become smarter

Student Diagnostic Assessments

Social awareness

Standard Question	Elementary School Version	Middle School Version	High School Version
I am careful with other people's things	I am careful with other people's things	I am careful with other people's things	I am careful with other people's things
I tell others when they have done something well	I will tell others when they have done something well	I tell others when they have done something well	I tell others when they have done something well
I care a lot about other people's feelings	I care about other children's feelings	I care a lot about other people's feelings	I care a lot about other people's feelings
When others feel bad, I am nice to them	When others feel bad, I am nice to them	When others feel bad, I am nice to them	When others feel bad, I am nice to them
I understand stereotypes and how they can affect me and others	I know that sometimes others make choices about me because of how I look	I understand stereotypes and how they can affect me and others	I understand stereotypes and how they can affect me and others
I like to learn more about people who are different than me	I like to learn more about people who are different from me	I like to learn more about people who are different than me	I like to learn more about people who are different than me
I understand that there are lots of things that change people's perspectives	I understand that there are lots of things that change how people think about things	I understand that there are lots of things that change people's perspectives	I understand that there are lots of things that change people's perspectives
I feel happy when others can see my point of view	I feel happy when others can see things from my way	I feel happy when others can see my point of view	I feel happy when others can see my point of view

Student Diagnostic Assessments

Self-management

Standard Question	Elementary School Version	Middle School Version	High School Version
If I am angry I let people know in the right ways	If I am angry I let people know in the right ways	If I am angry I let people know in the right ways	If I am angry I let people know in the right ways
I usually think before I act	Mostly I think before I do something	I usually think before I act	I usually think before I act
I am okay when things change	I am okay when things change	I am okay when things change	I am okay when things change
I try to make the best of challenging/tough situations	I try to do my best when things are tough	I try to make the best of challenging/tough situations	I try to make the best of challenging/tough situations
I work hard to accomplish my goals	I make and follow plans to reach my goals	I make and follow plans to reach my goals	I make and follow plans to reach my goals
I make and follow plans to reach my goals	I make and follow plans to reach my goals	I make and follow plans to reach my goals	I make and follow plans to reach my goals
I follow the teacher's directions	I do as my teacher tells me	I follow the teacher's instructions	I follow the teacher's directions
I do the right thing without needing to be told	I do the right thing without needing to be told	I do the right thing without needing to be told	I do the right thing without needing to be told
I do tasks and chores without being reminded	I do tasks and chores without being reminded	I do tasks and chores without being reminded	I do tasks and chores without being reminded
I like to try new things	I like to try new things	I like to try new things	I like to try new things
I plan out most days	I plan out most days	I plan out most days	I plan out most days
I am organized	I am organized	I am organized	I am organized

Student Diagnostic Assessments

Responsible decision-making

Standard Question	Elementary School Version	Middle School Version	High School Version
I know what steps to take to solve a problem	I know what steps to take to work out a problem	I know what steps to take to solve a problem	I know what steps to take to solve a problem
I consider lots of information before I make a decision	I look at lots of facts before I make a choice	I consider lots of information before I make a decision	I consider lots of information before I make a decision
I can use other decisions I have made to help me make new choices	I use other choices I have made to make new choices	I can use other decisions I have made to help me make new choices	I can use other decisions I have made to help me make new choices
I am aware when something needs to be fixed	I am aware when something needs to be fixed	I am aware when something needs to be fixed	I am aware when something needs to be fixed
I know that my decisions have impact on others	I know that my choices can affect other people	I know that my decisions have an affect on others	I know that my decisions have impact on others
I think about the consequences of my decision before I make a decision	Before I make a choice I think about what might happen afterwards	I think about the consequences of my decision before I make a decision	I think about the consequences of my decision before I make a decision

Student Diagnostic Assessments

Relationship skills

Standard Question	Elementary School Version	Middle School Version	High School Version
When I talk with people, I take turns	When I talk with others, I take turns	When I talk with people, I take turns	When I talk with people, I take turns
If I do not understand I ask questions	When I don't understand I ask questions	If I do not understand I ask questions	If I do not understand I ask questions
I do and say nice things to others	I do and say nice things to others	I do and say nice things to others	I do and say nice things to others
I forgive others when they apologize	I forgive others when they say they are sorry	I forgive others when they apologize	I forgive others when they apologize
I ask others to do things with me	I ask others to do things with me	I ask others to do things with me	I ask others to do things with me
I try and help others to get along with one another	I try and help others to get along with one another	I try and help others to get along with one another	I try and help others to get along with one another
When a friend has a problem, I offer to help them	When a friend has a problem, I help them	When a friend has a problem, I offer to help them	When a friend has a problem, I offer to help them
I enjoy being on a team	I enjoy being on a team	I enjoy being on a team	I enjoy being on a team