

# CIRCLES

## Social Emotional Learning Competencies Adult Self-Reflection – Skill Strengthening Form

This document is meant to be completed by an individual as a self-reflection form after taking part in a Circle experience. The goal of the form is to strengthen and develop competencies in the five areas identified in the CASEL SEL Framework. Data from this reflection form can be gathered and assessed over time to identify areas of growth and develop on-going action plans.

The form is a large circle divided into five segments by lines radiating from a central circle. The central circle contains the text: "To be completed at the conclusion of a Circle experience". The five segments are:

- Top-left: "Something that strengthened my **self-awareness** skills today was:"
- Top-right: "Something that strengthened my **self-management** skills today was:"
- Bottom-right: "Something that strengthened my **responsible decision-making** skills today was:"
- Bottom: "Something that strengthened my **relationship skills** today was:"
- Bottom-left: "Something that strengthened my **social-awareness** skills today was:"