

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 an activity or group 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.

Self-Awareness: The abilities to understand one's own emotions, thoughts, and values, and how they influence behavior across contexts.

	Yes	No	N/A	Action Step Moving Forward
I identified my emotions in the moment				
I recognized in what way a statement I made was directly connected to an emotion I was feeling				
I was guided by my own personal values in this experience				
I was actively aware of a strength or a weakness of mine during this experience				
I did not let myself get unreasonably distracted during this experience				

A specific moment where I believe I engaged or expanded my self-awareness skills: _____

Self-Management: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

	Yes	No	N/A	Action Step Moving Forward
I kept an open mind when hearing an opinion expressed that is different than my own				
I took a breath and/or paused before I spoke				
I changed what I was going to say based off of something I heard someone else say				
I changed something I was going to do based off of something someone else said/did				
I set a goal for myself before this experience and I accomplished that goal				

A specific moment where I believe I engaged or expanded my self-management skills: _____

Social Awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts.

	Yes	No	N/A	Action Step Moving Forward
I grasped another's perspective and feelings from both verbal and nonverbal cues				
I showed care for another person				
I asked a question(s) to better understand an opinion that was different than my own				
I learned something new from someone else				
I recognized how something I said impacted someone else (positively or negatively)				

A specific moment where I believe I engaged or expanded my social awareness skills: _____

Relationship Skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

	Yes	No	N/A	Action Step Moving Forward
I listened while others were speaking (without focusing on what I was going to say next)				
I articulated thoughts/ideas that were important to me in ways that engaged others				
I was genuinely interested in getting to know the people around me better				
I did what I could to make sure that everyone had an opportunity to share their ideas				
I offered support in some way to another person during this experience				

A specific moment where I believe I engaged or expanded my relationship skills: _____

Responsible Decision-Making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.

	Yes	No	N/A	Action Step Moving Forward
I asked something that helped us focus in on the problem we were trying to solve				
I helped bring other voices into critical decision-making				
I considered how my choices will be viewed by others I serve around me				
I contemplated my professional decisions				
I took time for self-reflection during or after the experience				

A specific moment where I believe I engaged or expanded my responsible decision-making skills: _____