A purple rectangle with white background

Description automatically generatedA black background with a black square

Description automatically generated with medium confidence**Rubric for Assessing Social and Emotional Competencies**

**What to do:** 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. Once you’ve responded to each statement, you’ll tally your responses and determine targets and next steps for increasing your competencies.

**Why it matters:** This assessment can increase self-awareness and support your personal and professional growth.

**Assessment**

| **Self-Assessment** | | | | | |
| --- | --- | --- | --- | --- | --- |
| **Domain: Social Awareness** | | | | | |
| 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 |
| **Domain: Self-Management** | | | | | |
| 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 |
| **Domain: Self-Awareness** | | | | | |
| 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 |
| **Domain: Relationship Management** | | | | | |
| 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 |
| **Domain: Responsible Decision Making** | | | | | |
| 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 |
| 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 |
| **Readiness to Integrate Social and Emotional Learning** | | | | | |
| 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.

| **Tally** | | | | | |
| --- | --- | --- | --- | --- | --- |
| **Domain/Area** | **Strongly Agree** | **Agree** | **Disagree** | **Strongly Disagree** | **Unsure** |
| 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.

|  |  |
| --- | --- |
| **Targets for Increasing Social and Emotional Learning Competencies** | |
| **Domains/Areas for Improvement** | **Next Steps** |
|  |  |
|  |  |





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