

### DIRECTIONS.

Take a moment to reflect on each of the statements below. Then, using a scale of 1-4, tell us how easy or difficult each is for you.

1 = Very Difficult    2 = Difficult    3 = Easy    4 = Very Easy

### SELF-AWARENESS

score

Knowing what my strengths are.

\_\_\_\_\_

Knowing how I learn best.

\_\_\_\_\_

Being okay with who I am.

\_\_\_\_\_

Knowing the emotions I feel.

\_\_\_\_\_

Knowing ways I calm myself down.

\_\_\_\_\_

### SOCIAL AWARENESS

score

Learning from people with different opinions than me.

\_\_\_\_\_

Knowing what people may be feeling by the look on their face.

\_\_\_\_\_

Knowing how my actions impact my classmates.

\_\_\_\_\_

Knowing when someone needs help.

\_\_\_\_\_

### SELF-MANAGEMENT

score

Staying calm when I feel stressed.

\_\_\_\_\_

Controlling my temper when I am upset.

\_\_\_\_\_

Being patient even when I am really excited.

\_\_\_\_\_

Working on my goals in school.

\_\_\_\_\_

Finishing tasks even if they are hard for me.

\_\_\_\_\_

Trying hard to do well in school.

\_\_\_\_\_

### RELATIONSHIP SKILLS

score

Sharing what I am feeling with others.

\_\_\_\_\_

Getting along with my classmates.

\_\_\_\_\_

Fixing problems I am having with my friends.

\_\_\_\_\_

Being welcoming to someone I don't usually eat lunch with.

\_\_\_\_\_

### RESPONSIBLE DECISION-MAKING

score

Thinking about what might happen before making a decision.

\_\_\_\_\_

Saying "no" to a friend who wants to break the rules.

\_\_\_\_\_

Admitting when I have made a mistake.

\_\_\_\_\_

Knowing what is right or wrong.

\_\_\_\_\_

### MY SEL SCORE

