WCSD Social and Emotional Competency Long-Form Assessment

Items highlighted (17-item) indicate items that comprise the briefer, composite SEC assessment.

Directions: *Please tell us how easy or difficult each of the following are for you.*

Response Options: *1 = Very Difficult; 2 = Difficult; 3 = Easy; 4 = Very Easy*

Self-Awareness: Self-Concept

1. Knowing what my strengths are. (17-item)
2. Knowing how to get better at things that are hard for me to do at school.
3. Knowing when I am wrong about something.
4. Knowing when I can't control something.

Self-Awareness: Emotion Knowledge

1. Knowing when my feelings are making it hard for me to focus. (17-item)
2. Knowing the emotions I feel. (17-item)
3. Knowing ways to make myself feel better when I'm sad.
4. Noticing what my body does when I am nervous.
5. Knowing when my mood affects how I treat others.
6. Knowing ways I calm myself down. (17-item)

Social Awareness

1. Learning from people with different opinions than me. (17-item)
2. Knowing what people may be feeling by the look on their face. (17-item)
3. Knowing when someone needs help. (17-item)
4. Knowing how to get help when I'm having trouble with a classmate.
5. Knowing how my actions impact my classmates.

Self-Management: Emotion Regulation

1. Getting through something even when I feel frustrated. (17-item)
2. Being patient even when I am really excited. (17-item)
3. Staying calm when I feel stressed.
4. Working on things even when I don't like them.

Self-Management: Goal Management

1. Finishing tasks even if they are hard for me. (17-item)
2. Setting goals for myself. (17-item)
3. Reaching goals that I set for myself.
4. Thinking through the steps it will take to reach my goal.

Self-Management: School Work

1. Doing my schoolwork even when I do not feel like it. (17-item)
2. Being prepared for tests. (17-item)
3. Working on assignments even when they are hard.
4. Planning ahead so I can turn a project in on time.
5. Finishing my schoolwork without reminders.
6. Staying focused in class even when there are distractions.

Relationship Skills

1. Respecting a classmate's opinions during a disagreement. (17-item)
2. Getting along with my classmates. (17-item)
3. Sharing what I am feeling with others.
4. Talking to an adult when I have problems at school.
5. Being welcoming to someone I don't usually eat lunch with.
6. Getting along with my teachers.

Responsible Decision-Making

1. Thinking about what might happen before making a decision. (17-item)
2. Knowing what is right or wrong. (17-item)
3. Thinking of different ways to solve a problem.
4. Saying "no" to a friend who wants to break the rules.
5. Helping to make my school a better place.

If you have additional questions about this assessment and related research, please contact Laura Davidson, Washoe County School District Director of Research and Evaluation at 775-348-3850 or ldavidson@washoeschools.net.