

2021-2022 - O'Brien Student Social Emotional Competencies Self-Assessment

This information will be utilized by the O'Brien Counseling/Social Work Department to better meet the needs of our students. Items are from or adapted from the WUSD Social and Emotional Competency Assessment (Davidson et al., 2017).

Name: _____

Grade: _____

Date: _____

Self-Awareness	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. I know what my strengths are.	①	②	③	④	⑤
2. I can identify when something is outside of my control.	①	②	③	④	⑤
3. I can identify when my feelings are making it hard for me to focus.	①	②	③	④	⑤
4. I have the tools to calm myself down.	①	②	③	④	⑤
5. I can identify the emotions I am feeling.	①	②	③	④	⑤
Social Awareness	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
6. I can identify the emotions that others are feeling.	①	②	③	④	⑤
7. I am aware of how my actions may impact my classmates.	①	②	③	④	⑤
8. I can work with people who have different opinions than me.	①	②	③	④	⑤
Self-Management	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
9. I can identify ways to manage stressful situations.	①	②	③	④	⑤
10. I can continue working, even when I feel frustrated.	①	②	③	④	⑤
11. I set goals for myself.	①	②	③	④	⑤

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12. I finish tasks even if they are hard for me.	①	②	③	④	⑤
13. I can maintain my focus even when there are distractions.	①	②	③	④	⑤
14. I can keep my schoolwork organized.	①	②	③	④	⑤
15. I manage my time in order to be prepared.	①	②	③	④	⑤
Relationship Skills	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
16. I can get along with my classmates.	①	②	③	④	⑤
17. I am able to share what I am feeling with others.	①	②	③	④	⑤
18. I am comfortable with different ways to solve a problem.	①	②	③	④	⑤
Responsible Decision Making	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
19. I think about what might happen before making a decision.	①	②	③	④	⑤
20. I am comfortable saying “no” to friends who want to break the rules.	①	②	③	④	⑤