



Your Social and Emotional Literacy

Honestly rate yourself in the following 3 areas of SEL. You can use this form to assess your own skills and/or those of others. You can check the accuracy of your personal perceptions and answers by giving this form to someone else who knows you well and then by comparing and discussing any differences in the two responses.

Responses - Indicate your score in each area with a check

3 Most of the time 2 Sometimes 1 Not very easily

Are you able to . . .	3	2	1
Emotional Skills			
a. Identify and label feelings – both yours and others'			
b. Readily express your feelings in ways that are acceptable to others			
c. Assess the intensity of feelings – yours and others			
e. Manage your feelings appropriately			
f. Delay gratification			
g. Control impulses			
h. Know how to reduce stress			
i. Self-correct behaviors that are negative or which offend others			
Optimal score 24			
Cognitive Skills			
j. Conduct inner dialogue – Self-talk			
k. Read and interpret social cues			
l. Use steps for problem solving and decision making			
Optimal score 9			
Behavioral Skills			
Nonverbal – Read, interpret, or communicate body language			
m. Self – Have an awareness of the messages I send out through posture, movement, facial expressions, and stance			
n. Others – Respond appropriately to the messages others are sending			
Verbal			
o. Make clear easily understood statements			
p. Respond in appropriate ways to others comments			
q. Listen attentively to others			
r. Give empathetic responses			
s. If needed, offer others help or consolation			
Optimal score 21			
Tally your scores noting strengths and weakness (Overall Score 54)			

1. Out of the subcategories of emotional, cognitive and behavioral skills, were there areas of strength or weakness?
2. Were your perceptions of yourself the same as those of others rating you? Why or why not?