

SEL Self Assessment

Reflection Questions

Before moving on to the reflection questions, please:

- a) Within each domain on your questionnaire, write an "H" next to the highest item within each domain, and an "L" next to the lowest item within each domain.
- b) Please find your average score for each domain (add all scores in the domain, then divide by the number of items).

Thinking about yourself and your responses to the questionnaire:

1. Which domain(s) emerged as your strongest? _____
2. What might account for that? _____

3. Which domain(s) emerged as your weakest? _____
4. What might account for that? _____

5. Did anything (either about your scores or about the questionnaire itself) surprise you? _____
6. Do you think a close personal friend or family member would score you the same as, lower than, or higher than you scored yourself? _____
7. Do you think your last supervisor would score you the same as, lower than, or higher than you scored yourself? _____
8. Which domain do you personally feel is most important for you to be proficient in? _____
9. Which domain (if any) do you feel you most want to improve? _____
10. Which domain do you feel it's most important for someone you have a close, personal relationship with to be proficient in? _____
11. Which domain do you feel it's most important for someone you work with to be proficient in? _____

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Think about your previous experiences working with youth, as well as the experiences you will have this summer:

12. Which domain seems most attainable for proficiency among youth from our age group? _____

13. Which domain seems like it might be most challenging to attain proficiency for youth from our age group? _____

14. Which domain do you feel is most important for us (as a staff) to help cultivate in our students in order for us to have a successful program?

_____ Why? _____

15. Is there a domain that you personally see yourself being able to help kids improve in? _____

16. Is there a domain that would be more challenging for you personally to help kids improve in? _____