

SELF-ASSESSMENT

Social & Emotional Development

QUESTIONS FOR REFLECTION

- What do I need?
- What resources (people, activities, or things) could assist me in reaching my small and larger goals?
- How can I show that I am progressing to bigger goals?
- What can my class do to assist me?
- What can my teacher do to assist me?
- How do I handle negative situations? When these situations occur, what do I typically say to myself?
- What would be a statement that would encourage me?
- Who are my heroes? What are the character traits I admire in these people that make them my heroes?
- How will I personally know when I am on the right track toward my goals? What will tell me if I stray off the track?
- What are three negative emotions I feel most often?
- What are three positive emotions I feel often or sometimes?
- How could creative visualization help me?
- How could I learn to begin again even after a day of small mistakes?
- What three strategies can my school or teacher adopt that would assist me in moving toward my goals?
- What two or three challenges or obstacles prevent me from reaching small or big goals?
- What are my strengths?
- What are my challenges?
- How will I plan to focus on these strengths knowing that my thoughts and feelings drive my behaviors and words toward others?