

Social-Emotional Competencies Exam

This is an exam I (Rebecca) give students at the end of a quarter-long elective class where I taught them social-emotional competencies and how to understand their brains through the BrainWise curriculum (www.brainwise-plc.org).

Name: _____ **Date:** _____

There are *three typos* in this test. For each one you *find*, you will be given a piece of *gum*. *But not* if you talk during the test and tell other students where the typos are.

Part 1: Lizard Brain, Wizard Brain, and Red-Flag Warnings

Choose three of the following situations. For each one you choose, write about what red flag warnings you would feel in your body, and tell me how you would respond with your lizard brain and how you would respond with your wizard brain.

Situation	Red-flag warnings in your body	How you would respond with your lizard brain	How you would respond with your wizard brain
You forget your homework and your teacher gets calls you out in front of everyone.			

Someone who you think is your friend says something negative about you behind your back.			
Your mom forgets to pick you up after school.			
Someone shoulder checks you in the hallway.			
You mess up at something that matters to you.			

Part 2: Conflict Resolution

1. Describe a conflict you have (or have had in the past) with someone in your life.

a. What is the conflict?

b. Who is it with?

c. What do you want?

d. What does the other person want?

2. Work through the following conflict resolution process.

- a. Think about what you need and what the other person needs. Conflict happens when people have different needs, and the goal is to find a solution that meets both people's needs.

<i>What are your needs?</i>	<i>What are the other person's needs?</i>

- b. What are some possible solutions that will help both of you meet your needs?

Part 3: Reflection on Class Skills

Look at the list of skills we were learning in class. Circle the two you feel you are better at now than before this class and give me an example of why.

- Self-expression
- Listening
- Knowing your strengths
- Expressing your needs
- Understanding your triggers
- Not being controlled by your triggers
- Conflict resolution
- Goal setting
- Creating a plan to reach a goal
- Setting your own limits—making good choices
- Being brave enough to share in the group

1. What is the first skill you circled?

2. Describe an example of using this skill and why you are better at it now than before.

3. What is the second skill you circled?

4. Describe an example of using this skill and why you are better at it now than before.