

Emotional Competency Reflection for Educators

Use this tool to reflect on the social-emotional skills and competencies that your teachers and colleagues are developing in their workspaces.

Social-Emotional Skills and Competencies	Reflections
Emotional Skills Which core competency would you like your students to have?	
Leadership Modeling How are you modeling these skills to your colleagues?	
Educator Modeling How are teachers and leaders modeling these skills to your students?	
Explicit Instruction What strategies are you using to teach these skills and have your students practice them?	
Time for Practice How and when will educators deliberately practice these skills?	
Striving for Balance Do your responses in the previous four rows show balance? Where should your school be paying more attention?	

Source for competencies: Panorama Education. (2023). Adult SEL toolkit: 2023–24. Accessed at <https://go.panoramaed.com/adult-sel-social-emotional-learning-toolkit-2023-24> on June 10, 2024.

Responsible Decision Making: The ability to thoughtfully assess the outcomes of different choices while prioritizing the well-being of both oneself and those around them

Check all that apply.

- ☐ I have my note packet out during lessons, without being prompted, so that I can follow along and add helpful information.
- ☐ I am responsible for *all* the work expected of me, and I submit it on time.
- ☐ I regularly check the learning management system and have a clear understanding of how the evidence I produce impacts my overall performance in this class.
- ☐ I have been absent _____ times this unit. When I am absent, I contact my teacher to stay on schedule. (I note that the number of absences might affect my ability to show evidence in all areas.)
- ☐ I avoid distractions, including phones, music, technology, or other classwork. (Checking this box indicates that I do not engage in distracting behavior at inappropriate times.)

Check the box that most relates to an area for improvement, and describe the specific goal for the next unit in the space provided.

- ☐ Self-awareness
- ☐ Self-management
- ☐ Social awareness
- ☐ Relationship skills
- ☐ Responsible decision making

What is my specific goal for the next unit, and what action steps do I plan to take to accomplish that goal?