

Develop Myself Self-Assessment

AN ASSESSMENT OF THE SOCIAL & EMOTIONAL COMPETENCE THAT HELPS ME TO DEVELOP MYSELF

What does it mean to DEVELOP MYSELF?

TO DEVELOP MYSELF means that I can figure out my feelings, interests, values and strengths. I feel confident and can get my needs met. I can also admit when I am wrong. I am able to handle stress, control my behavior, and make it through obstacles. I can adjust to new settings and people. I am able to accept feedback from others, and see it as a chance to grow.

What is the purpose of this assessment?

We believe that the quality of your character and your social and emotional strengths have a big impact on your ability to develop yourself. Because of this, we take seriously the need for you to develop, practice, and strengthen your social and emotional skills and abilities. This assessment is a chance for you to reflect on and better understand how you practice and demonstrate those skills, abilities, and qualities of character (attainments) that will help you to develop yourself.

Directions:

Student:

- Carefully read each social or emotional attainment. Rate yourself according to the scale that is provided. You may select 1, 2, 3, or 4 only.
- If an attainment or one of its indicators does not make sense, talk to someone – your teacher, a parent, or someone else who knows you well.
- Tell the truth. Learning these attainments will help you. We need to know where you really are in order to know how to help you.
- This might sound like you at home or at work, but not at school, or maybe it sounds like you at school, but not at home. That's ok, rate yourself and then talk about it with you someone on staff.

Staff:

- Offer support to students during the self-assessment process. Answer questions and provide examples of how attainments might look in different settings.
- Once a student completes the self-assessment add your scores and comments. Be prepared to discuss with the student.
- For each attainment select and circle the rating that most accurately describes what you see at school. You may select 1, 2, 3, or 4 only. You may not assign a fraction (e.g. 3.2, 1.5 etc.) for the specific attainments.
- Cite specific evidence to support your rating. Please note that you do not need to include examples or comments for each rating. Comments are required at the end of the assessment, and after the student conference, and should focus on areas of greatest strength and growth.
- Document student strength and growth opportunities at the bottom of the assessment and use this reflection to help students choose their three focus attainments for the marking period.

How well do I develop myself?

Circle the number that best describes your behavior or practice.

Develop Myself				
Attainment	I'm really good at this and/or do this most of the time	I'm pretty good at this and/or do this some of the time	I'm just ok at this and/or do this every once in a while	I'm not good at this and/or I've never tried
	4	3	2	1
Confidence - I can believe in myself and engage with my life with confidence, vision and purpose				
● I believe in myself and my abilities	4	3	2	1
● I can define my own success	4	3	2	1
● I can speak my thoughts and opinions in public spaces	4	3	2	1
● I can have a growth mindset	4	3	2	1
● I can advocate for myself and others	4	3	2	1
● I can see myself as a leader in any situation	4	3	2	1
● I can tell my story	4	3	2	1
Final rating: (In consultation with your advisor)				
I can be confident	4	3	2	1
Courage - I can show strength and take action even in the face fear				
● I can be vulnerable	4	3	2	1
● I take risks that are appropriate	4	3	2	1
● I believe in myself and my abilities	4	3	2	1
● I can make a decision that I know is for the best, even if it might hurt or frustrate other people	4	3	2	1
● I can assert myself (stick up for myself) in appropriate and effective ways	4	3	2	1
Final rating: (In consultation with your advisor)				
I can be courageous	4	3	2	1
Self-Regulation - I can control my responses and behaviors in a range of situations, so that I can pursue goals and live up to the realistic standards that have been set for me.				
● I can follow rules that are well known and those that are not discussed, but still expected to be followed	4	3	2	1
● I can express emotions in a healthy and productive way	4	3	2	1
● I can do something without expecting to immediately get something out of it	4	3	2	1

Perseverance - I can make it through tough situations and recover from challenges and setbacks				
● I can keep going, even when things are tough	4	3	2	1
● I keep trying even if I feel like I am at risk of failing	4	3	2	1
● I do hard things, if those things have to get done	4	3	2	1
● I can make difficult decisions when I know that they are the right decisions	4	3	2	1
● I can make a decision that I know is best, even if it will hurt or disappoint others	4	3	2	1
Final rating: (In consultation with your advisor)				
I can persevere	4	3	2	1
Open-Mindedness - I can value diversity, remain open-minded and consider other people's perspectives				
● I can show an interest in and respect the beliefs and backgrounds of people who are different than I am	4	3	2	1
● I can participate effectively in a group discussion	4	3	2	1
Final rating: (In consultation with your advisor)				
I can be open-minded	4	3	2	1
Reflectiveness - I can reflect on my thoughts, actions & experiences & make decisions and meaning that are based on my observations & insights				
● I can reflect on and assess my work	4	3	2	1
● I can distinguish between my thoughts, opinions and feelings	4	3	2	1
● I can identify my personal strengths and weaknesses	4	3	2	1
● I can listen to and consider critical feedback	4	3	2	1
● I can talk about my personal history and story	4	3	2	1
● I can find meaning in rituals	4	3	2	1
● I can recognize my unhealthy behaviors and consider ways to change them	4	3	2	1
Final rating: (In consultation with your advisor)				
I can be reflective	4	3	2	1
Service Leadership - I can develop my leadership abilities by using my talents and resources to help others				
● I can develop my leadership abilities through my service to others	4	3	2	1
● I can take action when others are in need	4	3	2	1
● I can sacrifice my needs or desires for something or someone that I believe in	4	3	2	1
● I can demonstrate humility	4	3	2	1

● I can express gratitude	4	3	2	1
Final rating: (In consultation with your advisor)				
I can be a service leader	4	3	2	1
Self-care & Personal health - I can take care of myself in healthy ways				
● I can cope, in a healthy manner, with tough situations	4	3	2	1
● I can decompress and manage stress in healthy ways	4	3	2	1
● I can recognize unhealthy behaviors and work to change them.	4	3	2	1
● I can do things to stay physically fit	4	3	2	1
● I can do things to stay mentally fit and emotionally healthy	4	3	2	1
Final rating: (In consultation with your advisor)				
I can take care of myself	4	3	2	1

Develop Myself - Reflection

What are my strengths in this area? What are ways I can build on these strengths?

Where do I need to improve? What support do I need to do this?
