SEL Reflection & Self-Assessment for Teachers

Select a recent lesson or day in your classroom to reflect on. Take a moment to visualize the period of time you chose in its entirety. It might be helpful to review your lesson plan(s) or student materials to refresh your memory. Then, try to answer the questions below about that day honestly and *without judgement.*

Today, ___/___/___, I am reflecting on: _____.

DATE

General Instruction

	Yes	Somewhat	No	Not applicable
1. Did I address students **by name**?				
2. Did I place myself in **close physical proximity** to students?				
▪ Did I **increase physical proximity** (e.g., stepping closer, kneeling down) when offering individual students support?				
3. Did I **share positive affect** (e.g., smiling, laughter, enthusiasm) with students?				
4. Did I **meaningfully** acknowledge student contributions?				
5. Did I **integrate** student contributions into instruction?				
6. Did students **seek out** my support and guidance?				
▪ Did I **resolve** student questions or problems?				
7. Did I **make connections** to students' lives outside school?				
9. Did I create opportunities for students to make **meaningful** choices? (e.g., learning formats, classroom management responsibilities)				
10. Did I establish **clear behavioral expectations** for activities?				
▪ Did I **consistently** enforce classroom rules?				
11. Were most students **actively engaged**? (vs. passively engaged, or disengaged)				

Partner/Small Group Work

	Yes	Somewhat	No	Not applicable
12. Were students positioned **close enough** to hear and respond to each other?				
13. Did students **spontaneously** (without adult direction) offer help to peers?				
14. Did I effectively **monitor** group work?				
15. Did most students work **collaboratively**? (vs. individually, or with one or several students dominating the conversation)				

Summary & Action Plan

What are my SEL strengths and/or areas where I have grown?	What questions do I have about SEL, and who will I discuss them with?

Identify 1-2 items that you answered "somewhat" or "no" as focus area(s) for the coming days/weeks:

1) _____ 2) _____

Set a date for your next self-assessment: