

## Chapter 3 Study Questions For Professional Learning Communities, SEAD/ SEL Courses, or Book Study Groups

1. What do you already do in your classroom or school to model, teach, and reinforce self-awareness?
2. Brainstorm other ways to help students identify emotions other than with an emoji chart or a number rating scale.
3. As educators, we know that one student's emotional state can disrupt the learning of the entire classroom. In your role as an educator, have you ever been the person who disrupted the learning environment? What did you learn from the situation?
4. How might you model and teach self-awareness, and identification of feelings, using an example or story from your life, while keeping it age appropriate and without sharing too much?
5. How do you recognize strengths or potential strengths in your students?
6. Do you have an applicable example of perseverance from your own life that you could share with your students?
7. What would be the benefit of explicitly teaching grit and perseverance at your grade level or within your content area?
8. Where or how might you incorporate reflection into your daily instruction?
9. Rate yourself from 1 (lowest) to 5 (highest) on your awareness of how your emotions, words, and behaviors negatively affect others. Consider your rating and explain anything you would change to increase your self-awareness.