

Chapter Two: Using the Tools Activity

Self-Assessment Template

With an asset-based approach, how do we gauge our strengths and our social and emotional assets? What areas require more attention and effort? Here are a few questions to ask yourself as you reflect on your social and emotional intelligence:

Self-regulation:

1. How do you manage yourself amidst the many pressures of your role?
2. How do you manage your reactions when you are put on the spot or attacked?
3. How do you balance your work life with your personal lives?

Empathy:

1. How do you feel empathy for others? Do you try to imagine how it feels to walk in their shoes?

2. How do you express compassion for others?

3. How do you model acceptance of people with a range of gender identities and racial backgrounds?

Internal Motivation:

1. What motivates you?

2. How can you motivate others?

Social Skills:

1. How do you communicate with others? Are you transparent? Do you share information with your constituents in a way that is truthful but does not cause them to feel worried or panicky?

2. How do you express anger or frustration in direct but calm ways, without blaming or attacking?
3. How do you mediate conflicts between students and adults?
4. Do you have the courage to speak up when you witness staff mistreating students or one another?
How?
5. Do you have the courage to speak up to your supervisors and district leaders when you witness unfair policies? How?
6. How do you face crises and emergencies?