

Social Emotional

SELF ASSESSMENTS



Name: _____

Perseverance Assessment

Please rate the following statements based on how true they are for you.

I am...
When I do...
I know what...
I can name...
I can list 3 re...
Not...
Total Score: _____

Name: _____

Conversation Skills Assessment

Please rate the following statements based on how true they are for you.

I am...
I know wh...
I am comfor...
Total Score: _____

Name: _____

Following Directions Assessment

Please rate these questions based on to what extent they are true or false:

1- Always False
2- Mostly False
3- Not Sure
4- Mostly True
5- Always True

I think it is important to follow directions. 1 2 3 4 5

I am good at following directions. 1 2 3 4 5

I can follow more than one direction at a time. 1 2 3 4 5

My teachers would say I am a good listener. 1 2 3 4 5

I follow directions even when I don't want to. 1 2 3 4 5

Following directions will help me later in life. 1 2 3 4 5

FREEBIE!

Created by: Counselor Chelsey

Thank You!

Thank you so much for purchasing this product! Please remember to leave feedback, as it helps you get credit toward future purchases and helps me to continue making high quality products.

About CounselorChelsey:

Hello! I am a licensed social worker with experience as a school based counselor, working in a mentorship program for teens, and am now a curriculum developer. My favorite part of my work has always been developing high quality resources for students to use. Since becoming a curriculum developer, I have loved being able to impact thousands of classrooms around the world!

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How To Use:

These self assessments can be used for multiple purposes:

- When selecting students to participate in lessons or small groups
- Before and after a lesson, as a way to measure growth
- As you begin working with individual students, you can have them complete an appropriate self assessment. Use their completed assessment as a place to begin conversation.
- These self assessments come directly from each of my 6 session, no prep small group lesson plans. The questions on the assessments are designed to go along with the concepts covered in these plans. However, the assessments can also be used for other purposes.

*Please note that these assessments are in no way meant to be comprehensive, but are designed to gain a basic understanding of where your students are in their understanding and application of a topic.

What's Included:

- P. 4: Anger Management Assessment
- P. 5: Conversation Skills Assessment
- P. 6: Following Directions Assessment
- P. 7: Friendship Skills Assessment
- P. 8: Leadership Assessment
- P. 9: Perseverance Assessment
- P. 10: Respect Assessment
- P. 11: Self Control Assessment
- P. 12: Self Esteem Assessment
- P. 13: Self Regulation Assessment

Name: _____

Date: _____

Anger Management Assessment

Please rate these questions based on to what extent they are true or false:

1- Always False
2- Mostly False
3- Not Sure
4- Mostly True
5- Always True

I think it is important to control my anger.

1 2 3 4 5

I am good at controlling my anger.

1 2 3 4 5

I don't usually get in trouble for my anger.

1 2 3 4 5

I know what makes me angry.

1 2 3 4 5

I can tell when I'm starting to get angry.

1 2 3 4 5

I know how to calm down when I am angry.

1 2 3 4 5

Total Score: _____

Name: _____

Date: _____

Conversation Skills Assessment

Please rate these questions based on to what extent they are true or false:

1- Always False
2- Mostly False
3- Not Sure
4- Mostly True
5- Always True

I enjoy having conversations with other people.

1 2 3 4 5

I am comfortable starting conversations.

1 2 3 4 5

I know multiple ways to start a conversation.

1 2 3 4 5

I usually know what to say in a conversation.

1 2 3 4 5

I know when it is okay to join a conversation others are having.

1 2 3 4 5

I am comfortable joining a conversation others are having.

1 2 3 4 5

Total Score: _____

Name: _____

Date: _____

Following Directions Assessment

Please rate these questions based on to what extent they are true or false:

1- Always False
2- Mostly False
3- Not Sure
4- Mostly True
5- Always True

I think it is important to follow directions.

1 2 3 4 5

I am good at following directions.

1 2 3 4 5

I can follow more than one direction at a time.

1 2 3 4 5

My teachers would say I am a good listener.

1 2 3 4 5

I follow directions even when I don't want to.

1 2 3 4 5

Following directions will help me later in life.

1 2 3 4 5

Total Score: _____

Name: _____

Date: _____

Friendship Skills Assessment

Please rate these questions based on to what extent they are true or false:

1- Always False
2- Mostly False
3- Not Sure
4- Mostly True
5- Always True

I know what makes up a good friendship.

1 2 3 4 5

I am good at making friends.

1 2 3 4 5

I feel comfortable talking to others.

1 2 3 4 5

I am happy with the friendships I have.

1 2 3 4 5

I know how to solve conflicts with friends.

1 2 3 4 5

I am a good friend.

1 2 3 4 5

Total Score: _____

Name: _____

Date: _____

Leadership Assessment

Please rate these questions based on to what extent they are true or false:

1- Always False
2- Mostly False
3- Not Sure
4- Mostly True
5- Always True

I am a good leader.

1 2 3 4 5

I know why leadership is important.

1 2 3 4 5

I know what makes up a good leader.

1 2 3 4 5

I am good at keeping a positive attitude.

1 2 3 4 5

I understand what other people need.

1 2 3 4 5

I have specific ideas about how I can be a leader.

1 2 3 4 5

Total Score: _____

Name: _____

Date: _____

Perseverance Assessment

Please rate these questions based on to what extent they are true or false:

1- Always False
2- Mostly False
3- Not Sure
4- Mostly True
5- Always True

I am good at working through hard things.

1 2 3 4 5

When I don't understand my class work, I keep trying.

1 2 3 4 5

I know what to do if I feel that something is too hard for me.

1 2 3 4 5

I can name 3 things I can do when I feel like giving up.

1 2 3 4 5

I can list 3 reasons why it is important to not give up easily.

1 2 3 4 5

Not giving up easily will help me later in life.

1 2 3 4 5

Total Score: _____

Name: _____

Date: _____

Respect Assessment

Please rate these questions based on to what extent they are true or false:

1- Always False
2- Mostly False
3- Not Sure
4- Mostly True
5- Always True

I know why it is important to be respectful.

1 2 3 4 5

I am respectful with my words.

1 2 3 4 5

I am respectful with my actions.

1 2 3 4 5

I know how my actions affect others.

1 2 3 4 5

I know how my actions affect me.

1 2 3 4 5

I am respectful.

1 2 3 4 5

Total Score: _____

Name: _____

Date: _____

Self-Control Assessment

Please rate these questions based on to what extent they are true or false:

1- Always False
2- Mostly False
3- Not Sure
4- Mostly True
5- Always True

I know what self-control means.

1 2 3 4 5

I think before I speak.

1 2 3 4 5

I think before I act.

1 2 3 4 5

I know when I am starting to lose control.

1 2 3 4 5

I am good at stopping when I am starting to lose control.

1 2 3 4 5

I can name three ways to use self-control.

1 2 3 4 5

Total Score: _____

Name: _____

Date: _____

Self-Esteem Assessment

Please rate these questions based on to what extent they are true or false:

1- Always False
2- Mostly False
3- Not Sure
4- Mostly True
5- Always True

People like me.

1 2 3 4 5

There are good things about me.

1 2 3 4 5

I like myself.

1 2 3 4 5

I can name 3 things that I'm good at.

1 2 3 4 5

I know what to do if someone picks on me.

1 2 3 4 5

It is important for people to have different strengths.

1 2 3 4 5

Total Score: _____

Name: _____

Date: _____

Self-Regulation Assessment

Please rate these questions based on to what extent they are true or false:

1- Always False
2- Mostly False
3- Not Sure
4- Mostly True
5- Always True

I know what the term “self-regulation” means.

1 2 3 4 5

I am good at managing my feelings and emotions.

1 2 3 4 5

I know when my feelings are starting to get too intense.

1 2 3 4 5

I can name 3 ways to calm down.

1 2 3 4 5

I can name 3 ways to feel more alert.

1 2 3 4 5

I make good choices, even when I have strong feelings.

1 2 3 4 5

Total Score: _____

LOOKING FOR WAYS TO WORK ON THESE SKILLS WITH STUDENTS?

CHECK OUT THE NO-PREP SMALL GROUP PLANS THAT GO WITH THESE ASSESSMENTS!



SEE THEM HERE:

[HTTPS://BIT.LY/CCGROUPS](https://bit.ly/ccgroups)