

# SELF-ASSESSMENT

## Social & Emotional Development

| SELF-CREATED GOALS  | ATTEMPTING/BEGINNING | STRONG EFFORT | MEETING SELF-EXPECTATIONS | EXCEEDING SELF-EXPECTATIONS |
|---|----------------------|---------------|---------------------------|-----------------------------|
| Are my choices moving toward my goal?   |                      |               |                           |                             |
| Does my behavior mirror what I want to accomplish?                            |                      |               |                           |                             |
| Are my words and conversations positive/helpful in creating my successes?     |                      |               |                           |                             |
| Have I developed a plan of action when I feel frustrated?                     |                      |               |                           |                             |
| Have I listed or discussed three resources to assist me in reaching my goals? |                      |               |                           |                             |
| Have I self-assessed how I have moved toward or away from my goals?           |                      |               |                           |                             |
| Am I recording my reflections in a journal so that I see my progress?         |                      |               |                           |                             |

Courtesy of Lori Desautels