



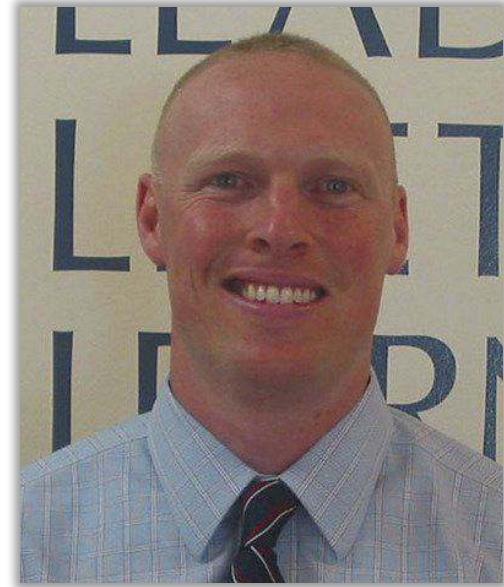
MDE SEL Competencies: What They Are, and How to Assess and Address Them

Part 5: Self Awareness





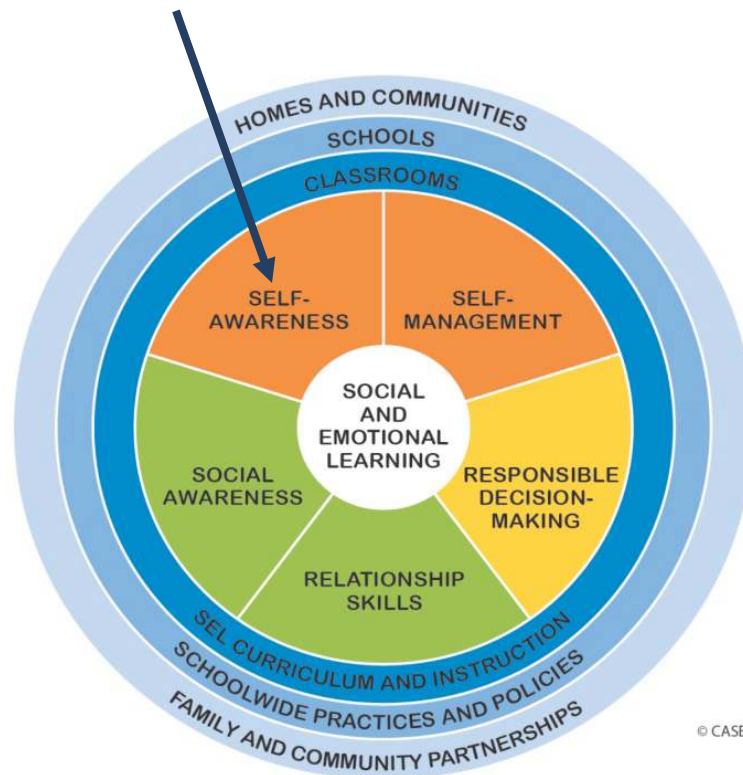
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Today's Focus

Self Awareness



Today's Focus

Self-Awareness

- 1A. Demonstrate an awareness of their emotions
- 1B. Demonstrate an awareness of their personal traits, including their strengths and interests
- 1C. Demonstrate awareness of their external supports
- 1D. Demonstrate a sense of personal responsibility

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Why It Matters

Self-Awareness

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Real-World Examples





Study Design

Self-Reported Social Competence



Directly Assessed Social Competence

Accurate—Students A, B, and C

Self-Reported Social Competence

Low ← → High

▲
A

▲
B

▲
C

Low ← → High

▼
A

▼
B

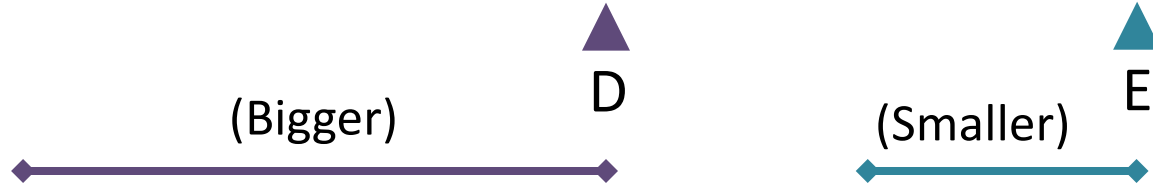
▼
C

Directly Assessed Social Competence

Over-Estimators—Students D and E

Self-Reported Social Competence

Low ← → High

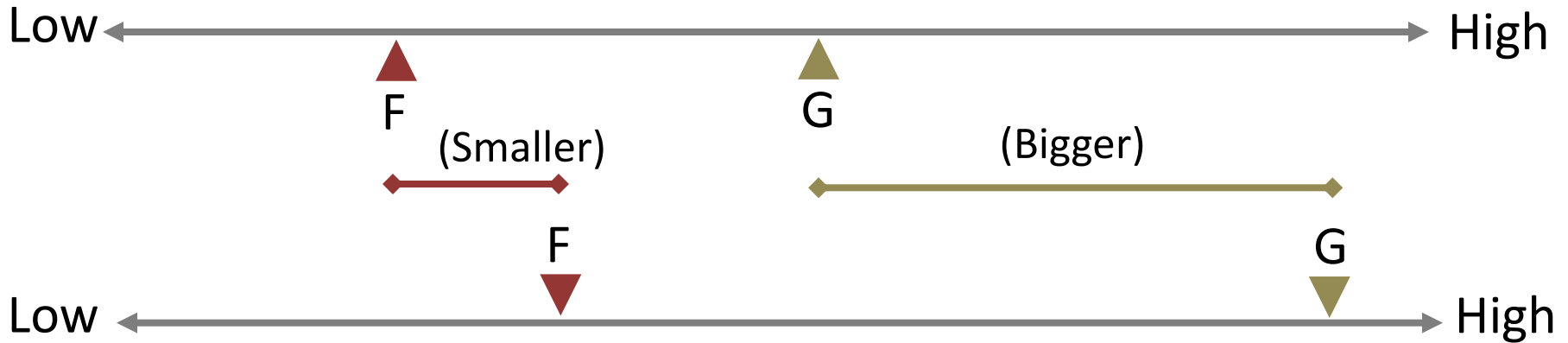


Low ← → High

Directly Assessed Social Competence

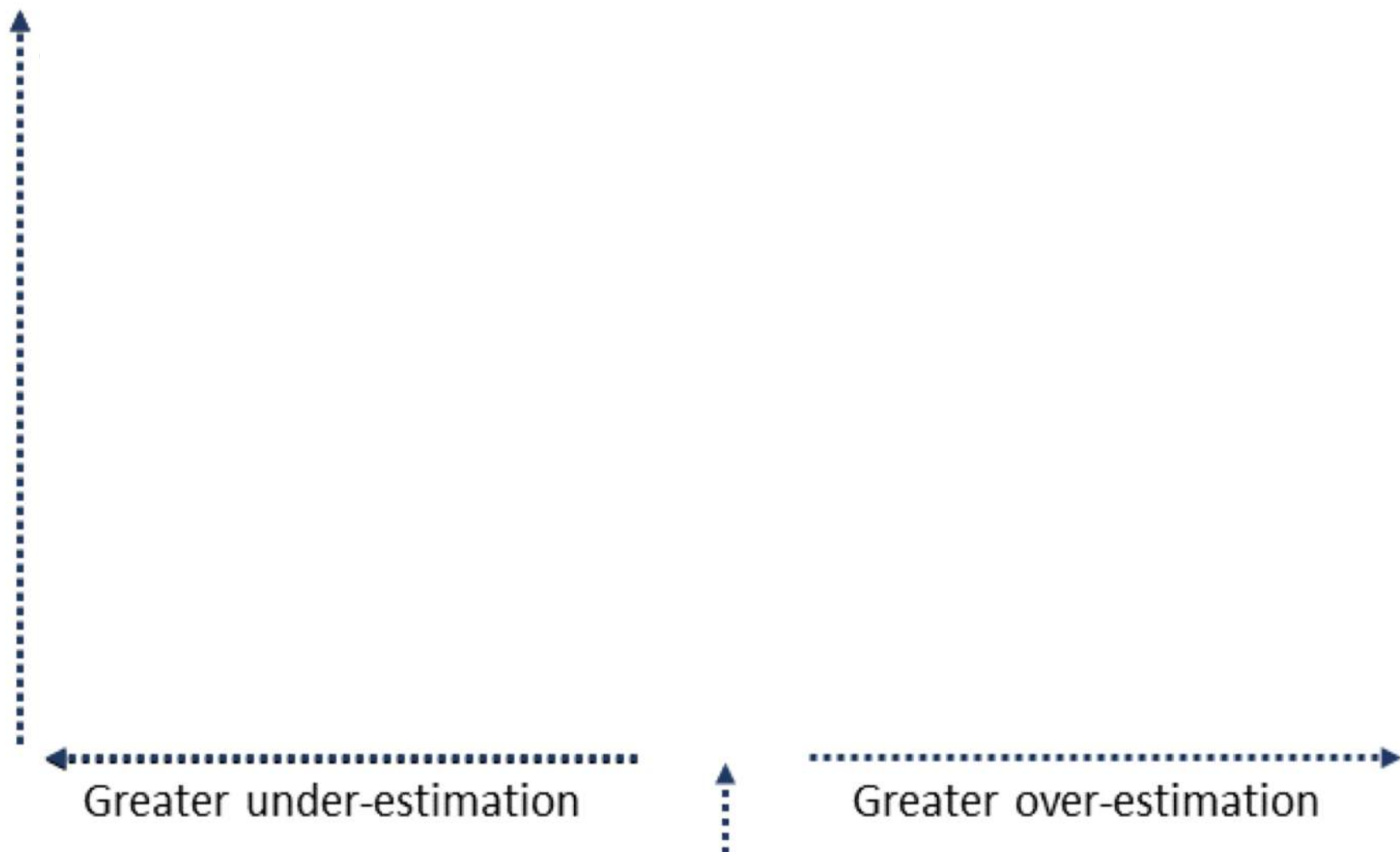
Under-Estimators—Students F and G

Self-Reported Social Competence



Directly Assessed Social Competence

Outcomes



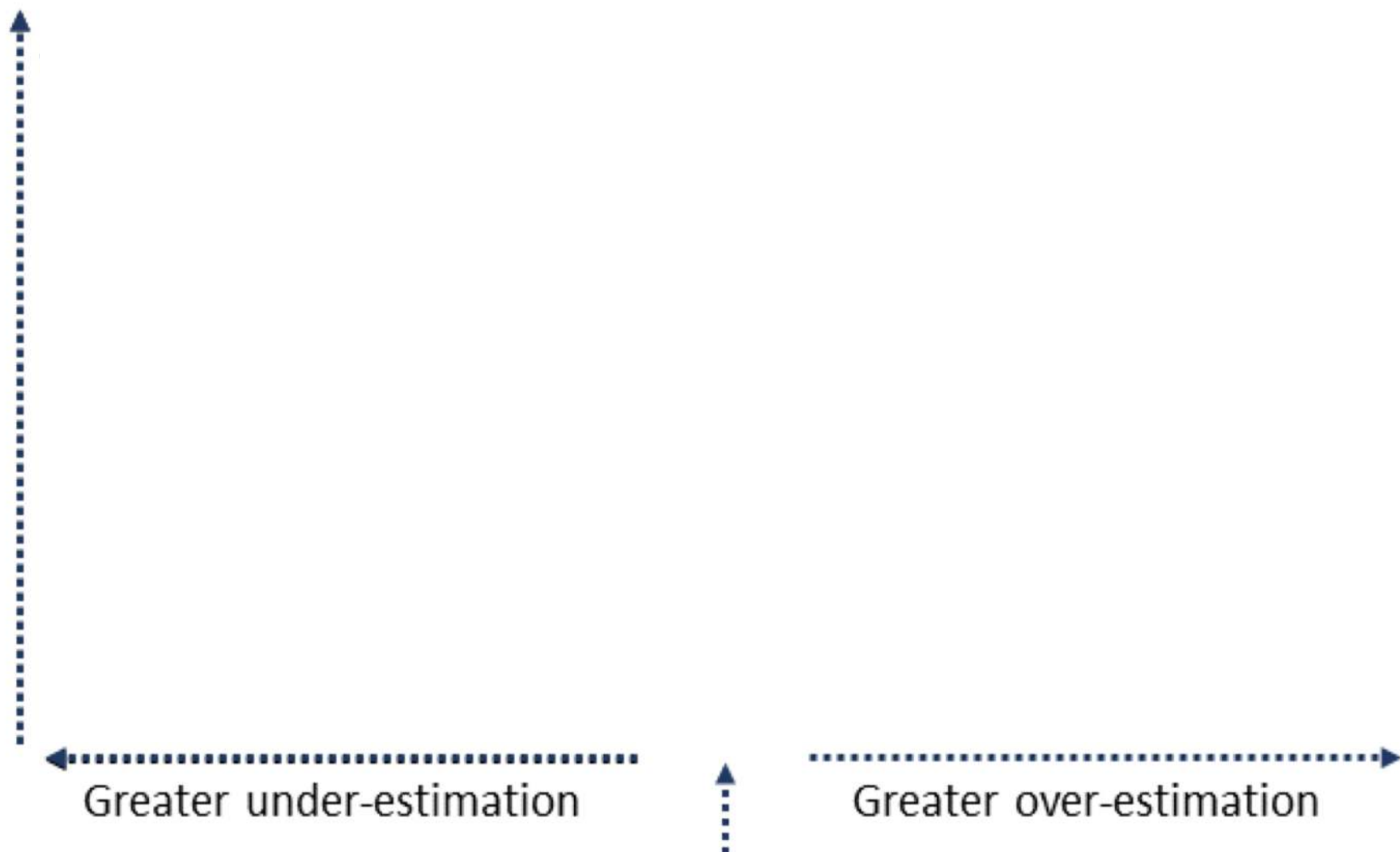
Greater under-estimation

Greater over-estimation

Most self-aware

Level of Self-Awareness

Problems



Greater under-estimation

Greater over-estimation

Most self-aware

Level of Self-Awareness

Positive outcomes



Greater under-estimation



Greater over-estimation



Most self-aware

Level of Self-Awareness

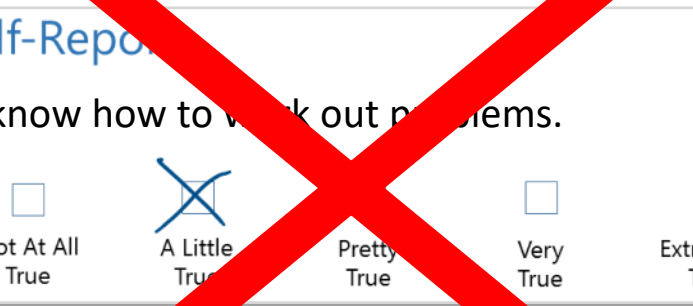
How to Assess It

Kinds of Formal Assessments

Self-Report

I know how to work out problems.

Not At All True A Little True Pretty True Very True Extremely True



Kinds of Formal Assessments

Direct Assessment:

Self-Report:

I know how to work out problems.

Not At All True
 A Little True
 Pretty True
 Very True
 Extremely True

I know what other people are feeling.

Not At All True
 A Little True
 Pretty True
 Very True
 Extremely True

I know how to calm down when I'm upset.

Not At All True
 A Little True
 Pretty True
 Very True
 Extremely True

I know what other people are thinking.

Not At All True
 A Little True
 Pretty True
 Very True
 Extremely True



Informal Assessment

- Self-reflection exercises
- Predicting performance
- Debriefing exercises



How to Address It

How to Address It

Self-Awareness

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Tier 1 Practice and Reinforcement

- Accurate feedback and support for success
- Creating a culture of productive failure
- Promoting a mastery/personal best culture
- Values affirmations and personally relevant goals

P.S. This is Really Important Too

Self-Awareness

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Contact Information

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