

WCSD Social and Emotional Competency Long-Form Assessment

For use grades 5-12

However, the questions can help guide parents of younger children to learn about SEI topics.

<https://www.washoeschools.net/Page/10932>

Directions: *Please tell us how easy or difficult each of the following are for you.*

Response Options: *1 = Very Difficult; 2 = Difficult; 3 = Easy; 4 = Very Easy*

Self-Awareness: Self-Concept

Score	
	1. Knowing what my strengths are.
	2. Knowing how to get better at things that are hard for me to do at school.
	3. Knowing when I am wrong about something.
	4. Knowing when I can't control something.

Self-Awareness: Emotion Knowledge

Score	
	5. Knowing when my feelings are making it hard for me to focus.
	6. Knowing the emotions I feel.
	7. Knowing ways to make myself feel better when I'm sad.
	8. Noticing what my body does when I am nervous.
	9. Knowing when my mood affects how I treat others.
	10. Knowing ways I calm myself down.

Social Awareness

Score	
	11. Learning from people with different opinions than me.
	12. Knowing what people may be feeling by the look on their face.
	13. Knowing when someone needs help.
	14. Knowing how to get help when I'm having trouble with a classmate.
	15. Knowing how my actions impact my classmates.

Self-Management: Emotion Regulation

Score	
	16. Getting through something even when I feel frustrated.
	17. Being patient even when I am excited.
	18. Staying calm when I feel stressed.
	19. Working on things even when I don't like them.

Self-Management: Goal Management

Score	
	20. Finishing tasks even if they are hard for me.
	21. Setting goals for myself.
	22. Reaching goals that I set for myself.
	23. Thinking through the steps it will take to reach my goal.

Self-Management: School Work

Score	
	24. Doing my schoolwork even when I do not feel like it.
	25. Being prepared for tests.
	26. Working on assignments even when they are hard.
	27. Planning ahead so I can turn a project in on time.
	28. Finishing my schoolwork without reminders.
	29. Staying focused in class even when there are distractions.

Relationship Skills

Score	
	30. Respecting a classmate's opinions during a disagreement.
	31. Getting along with my classmates.
	32. Sharing what I am feeling with others.
	33. Talking to an adult when I have problems at school.
	34. Being welcoming to someone I don't usually eat lunch with.
	35. Getting along with my teachers.

Responsible Decision-Making

Score	
	36. Thinking about what might happen before making a decision.
	37. Knowing what is right or wrong.
	38. Thinking of different ways to solve a problem.
	39. Saying “no” to a friend who wants to break the rules.
	40. Helping to make my school a better place.

If you have additional questions about this assessment and related research, please contact Laura Davidson, Washoe County School District Director of Research and Evaluation at 775-348-3850 or ldavidson@washoeschools.net.