OREGON’S TRANSFORMATIVE SOCIAL AND EMOTIONAL LEARNING

# Introspection

For this introspection activity, please complete the Self-Assessing Educator Social and Emotional Competencies and Instruction.

## The Survey

This tool, developed by the American Institutes for Research (AIR), aims to support the reflection of educators on their own social and emotional competencies (SECs) and social and emotional learning (SEL) practices.

The tool is divided into three sections:

* Section 1: Self-Assess Educator’s Own Social and Emotional Competencies
* Section 2: Educator Practice Assessment
* Section 3: Culminating Activities and Action Planning

Section 1 invites you to reflect on your own SECs, Section 2 asks you to reflect on your practices, and Section 3 guides you to tally your scores and reflect on them.

It is important to remember there are no right or wrong answers—this is a reflective tool for you to better know your superpowers that can guide your community and opportunities to continue growing alongside your community.

Please note: Some of the language used in this survey may not perfectly match your context. We invite you to adapt it yourself. For example, depending on your role, you can replace “my students” or “youth” with “my staff” or “my team.”

The survey is in your binder and is available online: [Self-Assessing Educator Social and Emotional Competencies and Instruction](https://www.air.org/sites/default/files/2022-12/GTL-Educator-Self-Assessment-Refreshed-2014-508.pdf).