



Social
Emotional
Wellness
Summit -
Belief in Self

Presenters: K. Flores, S. Frankie, B. Rios,

Subdomain Definitions


CoVitality-S Subdomains

Belief-in-Self		Belief-in-Others	
Self-Awareness	Perceiving and attending to the private and public aspects of one's self	Peer Support	Appraising the caring and helpful nature of one's relationships with peers
Persistence	Working diligently to accomplish one's goals, including maintaining interest in the face of adversity and failure	School Support	Appraising the caring and helpful nature of one's relationships with teachers
Self-Efficacy	Sensing one's ability to act effectively to meet environmental demands	Family Coherence	Appraising the caring and helpful nature of one's relationships with family
Emotional Competence		Engaged Living	
Empathy	Perceiving, sharing, and considering the emotional states expressed by others	Gratitude	Sensing thankfulness that arises in response to one's benefitting from some kind of transactional means
Emotional Regulation	Effectively expressing one's positive emotions (e.g., happiness) and managing one's negative emotions	Zest	Experiencing one's life in the present moment as exciting and energizing
Self-Control	Effectively expressing and managing one's behavior within given contexts	Optimism	Expecting the occurrence of good events and beneficial outcomes in one's future

Questions and Answers in Subdomain – **Belief in Self**

	Belief-in-Self
Self-Awareness	There is a purpose to my life.
Self-Awareness	I understand my moods and feelings.
Self-Awareness	I understand why I do what I do.
Persistence	When I do not understand something, I ask the teacher again and again until I understand.
Persistence	I try to answer all the questions asked in class.
Persistence	When I try to solve a math problem, I will not stop until I find a final solution.
Self-Efficacy	I can work out my problems.
Self-Efficacy	I can do most things if I try.
Self-Efficacy	There are many things that I do well.

- Not at all true of me
- A little true of me
- Pretty much true of me
- Very much true of me



Self Efficacy – Assessing and Strengthening

ASSESSING

- ▶ How does your teen typically approach a new task/relationship?
- ▶ How does your teen respond to starting something new?
- ▶ What is your typical response to your teen's mistakes?

STRENGTHENING

- ▶ Approach mistakes as a natural way to learn more about your teen
- ▶ Create optimal challenges for your teen
- ▶ Offer select autonomy-supportive choices for your teen



PERSISTENCE

DO YOU KNOW WHAT
MOTIVATES YOUR TEEN?





Self Awareness

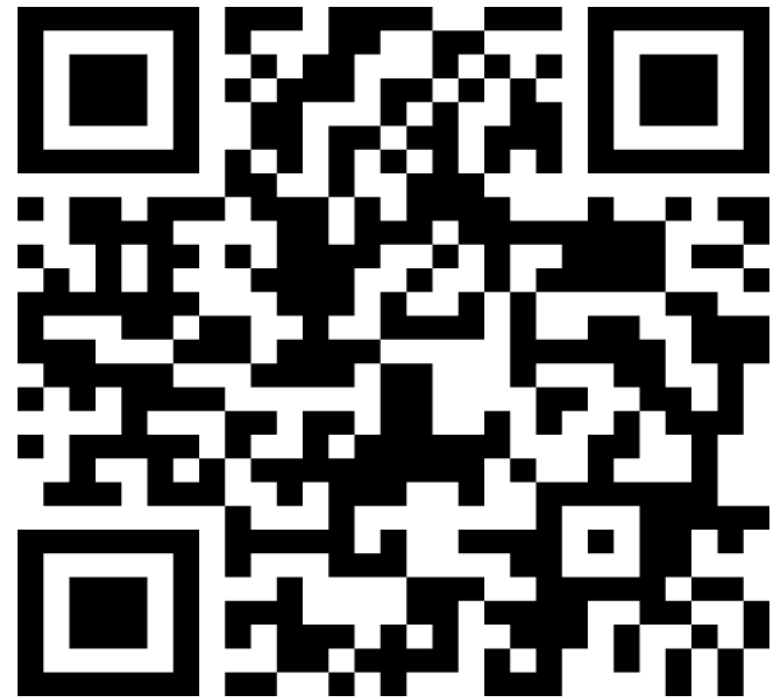


- ▶ Provide opportunities for independence
- ▶ Help teens put strengths into practice
- ▶ Talk to your teen about their goals, their vision, their why?

**WHAT ARE SOME WAYS TO
DO THIS AT HOME?**



QUESTIONS??



RESOURCES

Somers Central School District

Guidance & Counseling / Mental Health Resources
(somersschools.org)

Covitality Mental Health & Wellness

<https://www.covitalityucsb.info/resources.html>

Belief in Self

Self Awareness

Persistence

Self Efficacy

BELOW IS A LINK TO OUR PRESENTATION

THANKS FOR
JOINING US

K. Flores
B. Rios
S. Frankie

