Elementary Social & Emotional Competency Scale

Student Self-Rating

**Recommended for 3rd-5th grade students*

Overview

The Elementary Social-Emotional Competencies Scale assesses students' social-emotional competencies that are aligned with both the CASEL (Collaborative of Academic, Social, and Emotional Learning) framework and PurposeFull People's outcomes. It was designed for schools to monitor the effects of social-emotional and character education programming (like PurposeFull People) on students' acquisition and application. This scale has two tools:

1. Educator Rating of Whole Class - a tool completed by educators to assess and monitor the progress of an entire class or group of students. This is especially recommended for Pk-2nd grade students as young students are less accurate reporters of themselves.
2. **Student Self-Rating - a tool designed for students in grades 3-5 to self-report their progress in acquiring and applying social-emotional and character competencies that are aligned with CASEL and PurposeFull People outcomes.**
3. School Culture Survey for Students - we are providing an additional survey **here** in digital form that can be used to gather data on school culture.

Administration and Uses

These tools can be administered in a larger group or 1:1 setting. They can be used as a pre and post assessment to measure growth from the beginning of year to the end of year. You may reproduce it in a way that best serves your needs: paper and pencil, Google Form (below), or other.

Google Form Assessment Instructions

1. Use **this link** to make your own copy of the Student Self-Rating Survey.
2. Read over the questions and adjust to meet your needs
    a. You may choose to shorten the survey
    b. You may choose to add any questions unique to your school
    c. Adjust the race/ethnicity and gender questions to meet your needs and/or policies

Elementary Social & Emotional Competency Scale (E-SECS)

Student Self-Rating Survey

To better support you at school, we would like to ask you some questions about how you think and feel when you are here. Your teachers and school leaders will NOT be able to see your individual answers. Please respond honestly as there are no right or wrong answers. We are here to support you in being Kind, Strong, and Well!

0 = Not at all, 1 = Slightly, 2 = Somewhat, 3 = Quite well, 4 = Very well

Self-Awareness	0	1	2	3	4
Be Well: I can name the emotions I feel					
Be Well: I know which emotions tend to get the best of me					
Be Well: I know how my thoughts impact how I feel and act					
Be Well: I am aware of how my behavior positively or negatively impacts other people					
Be Strong: I know that effort is how I get better at things					
Be Strong: I know the type of student I want to be					
Be Strong: I am confident I can be successful in school					

0 = Not at all, 1 = Slightly, 2 = Somewhat, 3 = Quite well, 4 = Very well

Self-Management	0	1	2	3	4
Be Well: I can manage my thoughts and feelings					
Be Strong: I stick with something even when it is difficult					
Be Strong: I can ignore distractions to stay on task					
Be Strong: I am able to stay on track to achieve my goals					
Be Strong: I follow the rules					
Be Strong: I complete tasks on my own					
Be Well: I ask for help when I need it					

0 = Not at all, 1 = Slightly, 2 = Somewhat, 3 = Quite well, 4 = Very well

Social-Awareness	0	1	2	3	4
Be Kind: I try to understand how others see things					
Be Kind: I am able to understand how others feel					
Be Kind: I accept others who are different from me					
Be Kind: I accept that others may have different opinions than mine					
Be Kind: I show care when others are upset					
Be Kind: I give compliments to others					

0 = Not at all, 1 = Slightly, 2 = Somewhat, 3 = Quite well, 4 = Very well

Relationship Skills	0	1	2	3	4
Be Kind: I can make friends					
Be Kind: I resolve conflicts with others without the situation getting worse					
Be Kind: I communicate respectfully to others					
Be Kind: I show kindness to others					
Be Kind: I work to repair a relationship after a negative interaction					
Be Kind: I work well with others in groups or on a team					
Be Kind: I listen when others talk					

0 = Not at all, 1 = Slightly, 2 = Somewhat, 3 = Quite well, 4 = Very well

Responsible Decision-Making	0	1	2	3	4
Be Strong: I choose to follow the rules					
Be Strong: I come prepared and ready to learn					
Be Strong: When I make decisions, I think about other people					
Be Strong: I know that my choices have consequences					
Be Strong: I help my peers make good decisions					
Be Strong: I try my best to make the right choices					
Be Strong: I stand up for what is right					