Part B. Teacher Social and Emotional Competencies. Now think about your own social and emotional competencies and how those competencies influence your ability to implement the social interaction teaching practices. Please use the scoring guide below to rate yourself on how your SEL skills influence your social interaction teaching practices with your students. Consider each statement and score yourself according to where each statement holds true for you.

1 = **Strongly disagree.** I have a difficult time with this practice. I know I do some of the things mentioned, but I do not necessarily find them relevant to my teaching.

2 = **Disagree.** I demonstrate some of these skills with my students. I think with more practice and/or more support, I could demonstrate these skills more to improve implementation of this practice.

3 = **Agree.** I am strong in this area. I know I do a good job modeling these skills for my students. I use these skills most of the time when I implement the instructional practices.

4 = **Strongly agree.** I am very strong in this area. I am able to use these skills when I am implementing the instructional practices.

### Self-Awareness

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Agree</th>
<th>Strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am aware of social teaching practices that I need to improve upon and grow professionally.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>I can effectively implement social teaching practices with my students.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>I am usually aware of how my emotions, culturally grounded beliefs, and background are precursors to my emotional reactions, and I understand how they impact my social teaching practices with my students.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>I understand how student responses (positive and negative) affect my emotions and my behaviors during social teaching practices.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>I am aware of how my cultural beliefs and background affect my social teaching practices with my students.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

### Self-Management/Emotion Regulation

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Agree</th>
<th>Strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I continuously refine my personal goals about how I will best implement social teaching practices with my students.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>I effectively use multiple strategies (e.g., breathing techniques and mindfulness) when I have a strong emotional reaction in the classroom (e.g., stress, anger) when implementing social teaching practices.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Through the effective management of my emotions (e.g., use of stress reduction techniques), I am better able to implement social teaching practices, use positive approaches to discipline, and develop a positive learning environment that is free from bias and prejudice.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>I model behaviors (e.g., form guidelines, set boundaries) to help students learn to regulate emotions during social teaching practices.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>
## Social Awareness

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Agree</th>
<th>Strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>To effectively implement positive social teaching practices, I usually understand the perspectives of my students and can pay attention to their emotional cues during classroom interactions.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>I try to understand why my students are or are not actively participating, and I am usually successful at providing my students the necessary skills to participate in the social teaching practices.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>I successfully support positive emotions and respond to negative emotions during social teaching practices.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>I address the commonalities and differences (e.g., racial, ethnic, cultural) that exist among students when I implement the social teaching practices.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

## Relationship/Social Skills

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Agree</th>
<th>Strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I clearly communicate behavioral and academic expectations in a manner that addresses students’ individual needs and strengths when implementing social teaching practices.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>I am comfortable helping my students resolve interpersonal conflicts that come up during social teaching practices, and I have experienced success with this.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>I use the social teaching practices to help form meaningful relationships with my students and cultivate their SEL skills, and I am usually successful at building meaningful relationships.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>I use the social teaching practices to help cultivate my students’ SEL skills, and I am usually successful at building their SEL skills.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

## Responsible Decision Making

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Agree</th>
<th>Strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am effective at considering multiple forms of evidence, such as balancing the needs and the behaviors of my entire class, while implementing the social teaching practices.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>I regularly include my students and/or collaborate with colleagues to solve problems that arise in the classroom related to the social teaching practices.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>I stay focused and consistent when I implement social teaching practices.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>When I implement the social teaching practices, I balance students’ emotional needs and academic needs.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>