

**Part B. Teacher Social and Emotional Competency.** Now think about your own social and emotional competencies and how those competencies influence your ability to implement the *instructional interaction teaching practices*. Please use the scoring guide below to rate how your SEL skills influence your *instructional 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

	Strongly disagree	Disagree	Agree	Strongly agree
I am aware of <b>instructional teaching practices</b> that I need to improve in order to grow professionally.	1	2	3	4
I can effectively implement <b>instructional teaching practices</b> with my students.	1	2	3	4
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 <b>instructional teaching practices</b> with my students.	1	2	3	4
I understand how student responses (positive and negative) affect my emotions and my behaviors during <b>instructional teaching practices</b> .	1	2	3	4
I am aware of how my cultural beliefs and background affect my <b>instructional teaching practices</b> with my students.	1	2	3	4

### Self-Management/Emotion Regulation

	Strongly disagree	Disagree	Agree	Strongly agree
I continuously refine my personal goals about how I will best implement <b>instructional teaching practices</b> with my students.	1	2	3	4
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 <b>instructional practices</b> .	1	2	3	4
Through the effective management of my emotions (e.g., use of stress reduction techniques), I am better able to implement <b>instructional teaching practices</b> and to develop a positive learning environment that is free from bias and prejudice.	1	2	3	4
I model behaviors (e.g., form guidelines, set boundaries) to help students learn to regulate emotions during <b>instructional practices</b> .	1	2	3	4

## Social Awareness

	Strongly disagree	Disagree	Agree	Strongly agree
To effectively implement positive <b>instructional teaching practices</b> , I usually understand the perspectives of my students and can pay attention to their emotional cues during classroom interactions.	1	2	3	4
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 <b>instructional teaching practices</b> .	1	2	3	4
I successfully support positive emotions and respond to negative emotions during <b>instructional teaching practices</b> .	1	2	3	4
I address the commonalities and differences (e.g., racial, ethnic, cultural) that exist among students when I implement the <b>instructional teaching practices</b> .	1	2	3	4

## Relationship/Social Skills

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

## Responsible Decision Making

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