





# Self-Awareness Handout 3: Educator Self-Reflection

## Directions

Use this template to reflect on and discuss your own social and emotional sub-competencies related to self-awareness.

This activity requires a significant amount of self-reflection. Do not feel compelled to fill in every box/data cell now. You can record your initial reflections now, then revisit the worksheet later as you have more time or new insights.

## Sub-Competency: Recognize your own feelings and thoughts

| **3** | **2** | **1** |
| --- | --- | --- |
| What are three ways or times that you have recognized your feelings and thoughts during teaching? | What are two ways or times that you have failed to recognize your feelings and thoughts during teaching? | What is one way you can be more aware of your feelings and thoughts during teaching? |

## Sub-Competency: Accurately assess your own feelings and thoughts.

| **3** | **2** | **1** |
| --- | --- | --- |
| What are three ways that your feelings and thoughts positively impact your teaching? | What are two ways that your feelings and thoughts could negatively impact your teaching? | What is one area in which you can be more attuned to how your feelings and thoughts impact your teaching? |

## Sub-Competency: Recognize your personal traits, strengths, and limitations.

| **3** | **2** | **1** |
| --- | --- | --- |
| What are three personal strengths that impact your teaching? | What are two personal limitations that impact your teaching? | What is one area in which you intend to grow? How? |

## Sub-Competency: Recognize the importance of self-confidence in handling daily tasks and challenges.

| **3** | **2** | **1** |
| --- | --- | --- |
| What are three times that you have shown self-confidence when handling daily tasks or challenges at school? | What are two times when you have failed to show self-confidence when handling daily tasks or challenges at school? | What is one way that you can better model self-confidence at school? |

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