

SEL THROUGH DISTANCE LEARNING: TEACHER SELF-ASSESSMENT

Assess your strengths and areas to develop as you promote SEL through distance learning and at-home assignments.

For All Ages	Strength	Growth Area
I am reaching out to students individually and communicating that I value their contributions.		
I follow up with students on topics that are of importance to them to show them they are known and cared for.		
I facilitate virtual class meetings, collaborative classroom websites or forums, or other community-building activities to cultivate a culture of personal connection and belonging.		
Learning activities and projects link to students' lived experiences, frames of reference, and issues that are important to them.		
Learning activities activate students' self and social awareness by asking them to identify feelings, reflect on their experiences, and talk through topics with family members or peers.		
Learning activities affirm students' diverse identities and cultures, and students have opportunities to share and learn about each other's lives.		
I connect with all students' families to hear from them about how at-home learning is going and provide support.		
Especially for Upper Elementary and Secondary Students	Strength	Growth Area
I coordinate learning activities in which students are able to engage in small group discussions, cooperate, and problem-solve with peers.		
Assignments include open-ended questions to surface student thinking and probe students to elaborate on their responses.		
After completing a project, students reflect on what made their work successful or challenging and make a plan for improvement.		
I regularly request and receive feedback from students about how distance learning is going and how it could be improved.		

For a more comprehensive self-assessment designed for reflection on in-person teaching, see CASEL's [SEL in the Classroom Self-Assessment](#).

