

# Relationship Skills Handout 3: Educator Self-Reflection

## Directions

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

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

## Sub-Competency: Establishing and maintaining healthy relationships.

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| **3** | **2** | **1** |
| What are three ways you create positive relationships in the classroom | What are two ways or times when you were not able to create positive relationships in your classroom or your school? | What is one way you can more intentionally create positive relationships in your classroom? |

## Sub-Competency: Utilizing positive communication and social skills to interact effectively with others.

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| **3** | **2** | **1** |
| What are three ways you model positive communication and social skills in your classroom? | What are two ways or times when you did not model positive communication or social skills in your classroom or school? | What is one way you can intentionally increase your own positive communication and effective social interactions in your classroom or school? |

## Sub-Competency: Identifying ways to resist inappropriate social pressure.

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| **3** | **2** | **1** |
| What are three ways or times when you shared or modeled ways to resist inappropriate social pressure for your students? | What are two ways or times when you missed an opportunity to share or model ways to resist inappropriate social pressure for your students? | What is one way you can intentionally increase the times or ways you speak with your students about resisting inappropriate social pressure? |

## Sub-Competency: Demonstrating the ability to prevent and resolve interpersonal conflicts in constructive ways.

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| **3** | **2** | **1** |
| What are three ways you helped students recognize or resolve interpersonal conflicts? | What are two ways you missed opportunities to help students recognize or resolve interpersonal conflicts? | What is one way you can increase opportunities to discuss or implement conflict resolution strategies with your students? |

## Sub-Competency: Identifying who, when, where, or how to seek help for oneself or others when needed.

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| **3** | **2** | **1** |
| What are three ways you helped students recognize and utilize different resources or supports available in your classroom or school? | What are two ways you missed opportunities to help students recognize or utilize different resources or supports available in your classroom or school? | What is one way you can increase students’ awareness of and access to supports or resources in your classroom or school? |

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