

SELF-ASSESSMENT: EMOTIONAL DEVELOPMENT – EMPATHY AND RELATIONSHIP SKILLS

Rate yourself on each statement:

- In need of improvement
- My skills are emerging
- I'm meeting the standards
- I'm exceeding the expectations

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Category	In need of improvement	My skills are emerging	I'm meeting the standards	I'm exceeding the expectations
Recognising Emotions in Others	I often fail to notice how others are feeling	I sometimes notice others' emotions but may misinterpret them	I usually recognise how others are feeling through words, tone, or body language	I consistently recognise and accurately interpret others' emotions in different contexts
Showing Empathy	I rarely try to understand how others feel	I sometimes show empathy but not consistently	I usually try to understand and connect with how others feel	I consistently show empathy and adapt my behaviour to support others
Building Relationships	I struggle to form positive relationships with peers or adults	I sometimes build positive relationships but may face challenges in maintaining them	I usually build and maintain positive relationships with peers and adults	I consistently build strong, supportive, and respectful relationships across different groups
Conflict Resolution	I avoid conflicts or struggle to resolve them constructively	I sometimes try to resolve conflicts but may need support	I usually help resolve conflicts in fair and constructive ways	I consistently manage and resolve conflicts effectively, promoting understanding and respect



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Reflective questions

1. How well do I notice and interpret other people's emotions?
2. In what ways do I show empathy and support to others?
3. How can I improve my ability to manage relationships and resolve conflicts constructively?

Guidelines for action

1. Identify Strengths and Growth Areas
 - Highlight one area where you already demonstrate empathy and relationship skills effectively.
 - Highlight one area where you can improve.
2. Set a SMART Goal
 - Example: "I will practise active listening in every group conversation this week to show empathy and build stronger relationships."
3. Choose an Action Step
 - Pick one practice to strengthen immediately (e.g., recognising emotions, practising empathy, resolving conflicts).
4. Monitor Your Progress
 - Keep a weekly reflection: How did I demonstrate empathy or strengthen relationships this week?
5. Seek Feedback
 - Ask a teacher, mentor, or peer how they perceive your empathy and relationship skills.
6. Review and Reassess
 - After 6–8 weeks, retake the self-assessment.
 - Reflect on your progress and set a new emotional development goal.

