

SELF-ASSESSMENT: EMOTIONAL DEVELOPMENT – MANAGING OWN EMOTIONS

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
Self-Regulation	I often lose control of my emotions in stressful situations	I sometimes manage my emotions but not consistently	I usually manage my emotions and stay balanced in most situations	I consistently regulate my emotions and remain calm, even in challenging situations
Coping Strategies	I rarely use positive strategies to cope with stress or negative emotions	I sometimes use coping strategies but not always effectively	I usually use positive coping strategies (e.g., breathing, journaling, exercise) to manage stress	I consistently use and adapt positive coping strategies effectively in different situations
Adapting to Challenges	I find it hard to adapt my emotions in challenging or changing situations	I sometimes adapt but may still feel overwhelmed	I usually adapt my emotions and adjust to challenges with effort	I consistently adapt my emotions quickly and constructively in difficult situations
Resilience	I struggle to recover from setbacks or disappointments	I sometimes recover but it takes me a long time	I usually bounce back from setbacks and keep moving forward	I consistently demonstrate resilience, learning from setbacks and staying motivated



Reflective questions

1. How do I usually react when I feel overwhelmed by emotions?
2. What strategies help me calm down or regain balance in stressful moments?
3. How can I strengthen my resilience when facing setbacks or disappointments?

Guidelines for action

1. Identify Strengths and Growth Areas
 - Highlight one area where you already manage emotions effectively.
 - Highlight one area where you can improve.
2. Set a SMART Goal
 - Example: "I will practise a 5-minute breathing exercise whenever I feel stressed during exams."
3. Choose an Action Step
 - Pick one practice to strengthen immediately (e.g., breathing, journaling, exercising, reframing challenges).
4. Monitor Your Progress
 - Keep a weekly reflection: How did I manage my emotions this week? What worked best?
5. Seek Feedback
 - Ask a teacher, mentor, or peer how they perceive your ability to manage emotions.
6. Review and Reassess
 - After 6–8 weeks, retake the self-assessment.
 - Reflect on your progress and set a new emotional development goal.