

## Assessing Well-Being

- ◆ This is not for diagnostic purposes, it is for designing supportive programming!
- ◆ Can be done with Level A assessments.
- ◆ Need to decide on a framework for organizing the assessment and building a profile.
- ◆ There are many scales, interview guides, and observational tools available

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Grade 2 Class

- ◆ Class:
  - 17 males, 9 females
  - Multi-lingual, multi-cultural
  - Supportive community, families
- ◆ Michelle
  - Cerebral Palsy – slurred speech, limited mobility
- ◆ Jeremy
  - Aggressive behavior, struggles with literacy and sustaining attention, gifted artist from Northern Indigenous community
- ◆ Nacem
  - PTSD, hearing impaired from bomb blast, reacts to any touch with a “fight and flight” response – pushing people away and then running out of the school

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Framework	Factor	Programs/Strategies?
<b>SEL</b>	Self-Awareness	RD Program, Mind-UP
	Social Awareness	ROE, RD Program
	Responsible Decision-Making	Class Meetings
	Self-Management	ZOR, DBT, Mind-Up,
	Relationship Skills	Co-operative Learning, ROE
<b>Circle of Courage</b>	Belonging	TRIBES, Spirit Buddies, RD Program
	Mastery	PBL, Land Based, UDL
	Independence	Class Meetings
	Generosity	Service Projects
<b>TBM</b>	Resiliency & Distress Tolerance	ZOR, DBT, Mind-Up
	Self-Worth	RD Program, Mind-UP
	Emotion Regulation	ZOR, DBT, Mind-Up
	Meaning & Purpose	Service Learning, RD, Mindfulness
	Belonging	TRIBES, Spirit Buddies, RD Program
	Interpersonal Skills	Class meetings, Co-op Learning, ROE, DBT
	Interconnectedness	Mindfulness, Indigenous Perspectives

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Core Competencies	Factor	Programs/Strategies?
<b>Positive Personal &amp; Cultural Identity</b>	Relationships and cultural contexts	
	Personal values and choices	
	Personal strengths and abilities	
<b>Personal Awareness and Responsibility</b>	Self-determination	
	Self-regulation	
	Well-being	
<b>Social Responsibility</b>	Contributing to community and caring for the environment	
	Solving problems in peaceful ways	
	Valuing diversity	
	Building responsibility	

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	Strength	Challenge
Self-Worth		
Coping Skills		
Relationship Management		
Collaboration skills		
Belonging		
Emotional Literacy		

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## Your Assignment

**Review your case**

- What are the major SEL needs and strengths?
- Select strategies / programs, and explain your choices

Major Concerns	Programs / Strategies
Emotional regulation	ZOR, Brain Unit, Mind up...

Strengths	Programs / Strategies
Leadership / strong personalities	Service project
High energy	Kinesthetic learning

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