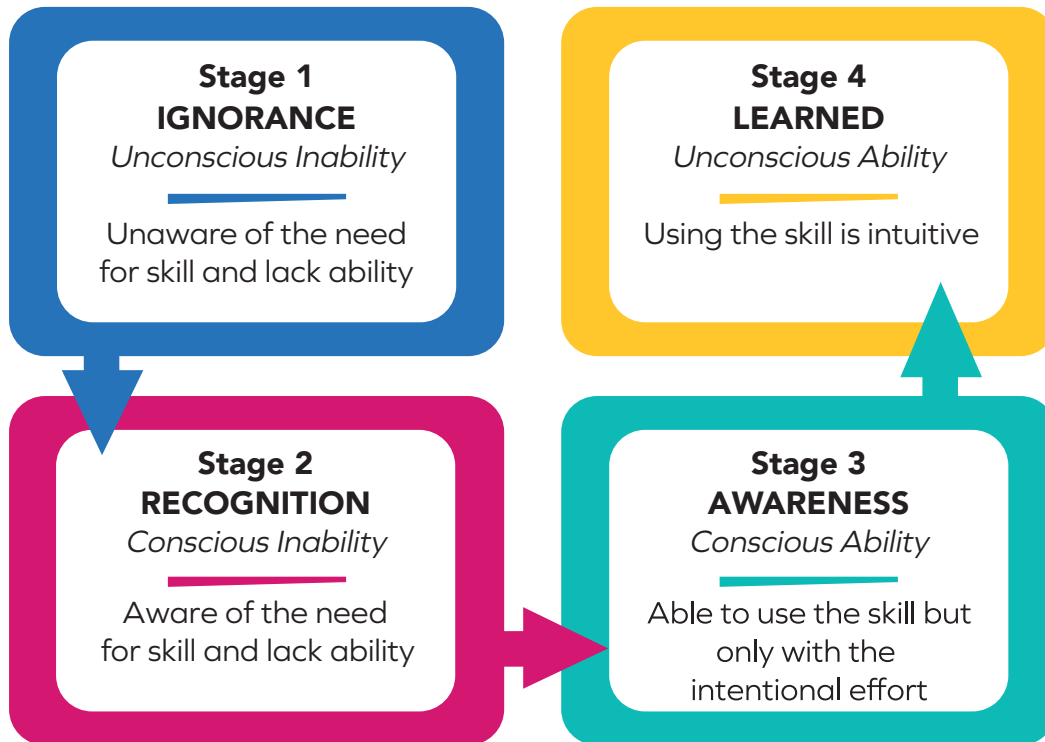




## Skill Development Reflection

When acquiring a new skill set, whether it's playing chess or practicing assertiveness, we progress through four distinct stages of development before a skill is considered learned.

### STAGES OF SKILL DEVELOPMENT



Directions: Reflect on your level of skill development for one of the skills listed below. If your skill level has an additional level to aspire to, plan an action step to take that will help you move to the next stages of skill development.

#### Social and Emotional Skills:

- Compromise when working with others
- Diplomatically explain ideas and opinions on controversial issues
- Determine how to seek help when unable to resolve conflicts with others
- Apologize when a mistake or poor decision has been made
- Listen carefully and effectively interpret what others say
- Recognize my inner voice and how it impacts whether my thoughts become obsessive or habitual

As you finish this reflection of your own skill development, think about how students move through these stages as their social and emotional competence grows. What do students do differently when they recognize a need for a skill? How can you tell when a student has moved to Stage 3 and is applying new skills with intentional effort?