

SEB-3A

The Social-Emotional-Behavioural Self-Assessment

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The SEB-3A has been developed more recently for adolescents and adults to assess their personal social, emotional and behavioural strengths and needs and to set their own targets.

The SEB-3A uses a 5-point scale to measure the frequency of social and emotional behaviours. For each statement a score should be given as follows:

- 0 - Never observed
- 1 - Rarely observed
- 2 - Not often = (once a month)
- 3 - Often (once a week)
- 4 - Very often (once a day)
- 5 - Almost always

NB: The maximum score achievable is 200.

Target set: _____

Completed by: _____ Date of Review: _____

SEB-3A SELF ASSESSMENT

Name:		Date:	0	1	2	3	4	5
R E S P O N S E	I listen actively to other people in conversation encouraging them to express themselves							
	I show respect towards people whose attitudes and opinions are different from mine							
	I wait while others express their ideas without interrupting							
	I show interest in listening to others and learning from them							
	I respond well to people in unfamiliar social situations							
	I read other people's nonverbal communication and respond appropriately							
	I read social situations and adapt my conversation style accordingly							
	I accept invitations to be involved in a variety of positive social situations							
I N T E R A C T I O N	I am confident in starting up conversations with strangers							
	I take the lead in discussions with peers when required							
	I take the lead in discussions with unfamiliar people when required							
	I take the lead in formal presentations to unfamiliar people when required							
	I am confident in starting up conversations with someone I find attractive							
	I pay compliments to others appropriately							
	I plan activities and organise my own resources							
	I organise my own personal social life							
I N T E R A C T I O N	I deal confidently with social media							
	I make good use of questioning to develop conversations							
	I engage in superficial chat to pass the time of day							
	I give reasons for my own opinions clearly and succinctly							
	I am aware of how others view me and respond accordingly							
	I say no when people try to persuade me to do something wrong							
	I maintain meaningful conversations with new people							
	I use tact and diplomacy when social situations don't go according to plan							
C O O P E R A T I O N	I actively support people who have leadership roles when required							
	I make helpful contributions in group discussions							
	I maintain conversations effectively with relevant and helpful comments							
	I use humour appropriately to help social situations							
	I am flexible in taking different roles according to the needs of the group							
	I recognise conflict situations and deal with them calmly							
	I anticipate potential conflicts and deal effectively with them							
	I maintain positive relationships when in disagreement							
A S S E R T I V E N E S S	I deal appropriately with breakdowns in personal relationships							
	I resolve conflicts using appropriate verbal and nonverbal skills							
	I explain when something is wrong without assuming others have understood							
	I talk about my feelings rather than losing control of them							
	I end conflict situations appropriately							
	I deal sensitively with others when they lose control of their emotions							
	I know my own personal strengths and make good use of them							
	I recognise my own personal weaknesses and strive to overcome them							

Key: 0-never, 1-rarely, 2-not often (once a month), 3-often (once a week), 4-very often (once a day), 5-almost always