

# Social and Emotional Learning

# REFLECTION DECK

Anchorage  
Youth  
Development  
Coalition



Community Collaboration at Work

CENTER FOR  
**safe**  **ALASKANS**

 **COOK  
INLET  
TRIBAL  
COUNCIL**

People, Partnership, Potential.

[safealaskans.org/aydc](https://safealaskans.org/aydc)

The SEL Reflection Deck was created with funding provided by Cook Inlet Tribal Council Inc (CITC). As a result of this funding, CITC holds the exclusive rights to use the SEL Reflection Deck, subject to an irrevocable license granted to the U.S. Substance Abuse Mental Health Services Administration. Center for Safe Alaskans uses and disseminates this deck with permission from CITC.

# Building Emotional Intelligence is a lifelong process. Jump in with this deck!



The original version of this framework is a product of the Collaborative for Academic, Social, and Emotional Learning (©2017 CASEL) and is available at [casel.org](http://casel.org). The resource has been modified independently by Anchorage Youth Development Coalition, Center for Safe Alaskans to reflect program needs.



## **IDEAS FOR THE DECK:**

- Stand-alone reflection
- Reflect on a specific experience or challenge
- Writing prompts
- Use in a circle or partners
- Incorporate in coaching
- Draw a card randomly from the whole deck
- Select a card from one competency area you're working to strengthen
- Student lessons
- Professional development

## **ENGAGING LEARNING**

When using these with others, we encourage you to collaboratively establish positive, clear working agreements (e.g. confidentiality) to support a safe space to learn and grow.

It's always okay to pass or choose another card.

Think about a positive experience you had recently and imagine yourself there again.

What emotions are coming up for you?

How are those emotions affecting your thinking about the experience?

***Self-Awareness:***  
*Identifying Emotions*



## *Self-Awareness*

- *Identifying Emotions*
- *Accurate Self-Perception*
- *Recognizing Strengths*
- *Self-Confidence*
- *Self-Efficacy*

What sensations in your body help you become aware of your emotions?

What strategies do you use when you notice your emotions rising?

***Self-Awareness:***  
*Identifying Emotions*



## *Self-Awareness*

- *Identifying Emotions*
- *Accurate Self-Perception*
- *Recognizing Strengths*
- *Self-Confidence*
- *Self-Efficacy*

Talk about a time when noticing your emotions in the moment helped you deal with the situation more effectively.

How might you be able to do that again?

***Self-Awareness:***  
*Identifying Emotions*



## *Self-Awareness*

- *Identifying Emotions*
- *Accurate Self-Perception*
- *Recognizing Strengths*
- *Self-Confidence*
- *Self-Efficacy*

What are some times  
you could regularly  
pause to put a name to  
feelings (about your day,  
interactions,  
experiences, etc.)?

What resources might you turn  
to if you aren't able to name  
your feelings easily?

***Self-Awareness:***  
*Identifying Emotions*



## *Self-Awareness*

- *Identifying Emotions*
- *Accurate Self-Perception*
- *Recognizing Strengths*
- *Self-Confidence*
- *Self-Efficacy*

Talk about a time when  
you surprised yourself with  
your own ability.

***Self-Awareness:***  
*Accurate Self-Perception*



## ***Self-Awareness***

- *Identifying Emotions*
- *Accurate Self-Perception*
- *Recognizing Strengths*
- *Self-Confidence*
- *Self-Efficacy*

Talk about a time when  
others saw strengths  
in you that you hadn't  
identified before.

***Self-Awareness:***

*Accurate Self-Perception*



## ***Self-Awareness***

- *Identifying Emotions*
- *Accurate Self-Perception*
- *Recognizing Strengths*
- *Self-Confidence*
- *Self-Efficacy*

What are some ways you might be able to get a feel for how you come across to others?

***Self-Awareness:***  
*Accurate Self-Perception*



## ***Self-Awareness***

- *Identifying Emotions*
- *Accurate Self-Perception*
- *Recognizing Strengths*
- *Self-Confidence*
- *Self-Efficacy*

How does your image of  
yourself match how others  
see you?

What evidence supports this?

***Self-Awareness:***  
*Accurate Self-Perception*



## ***Self-Awareness***

- *Identifying Emotions*
- *Accurate Self-Perception*
- *Recognizing Strengths*
- *Self-Confidence*
- *Self-Efficacy*

What strengths do you have that you aren't using fully?

What opportunities are there to apply those strengths?

***Self-Awareness:***  
*Recognizing Strengths*



## ***Self-Awareness***

- *Identifying Emotions*
- *Accurate Self-Perception*
- *Recognizing Strengths*
- *Self-Confidence*
- *Self-Efficacy*

What are some strengths  
others might say that  
you have?

***Self-Awareness:***  
*Recognizing Strengths*



## ***Self-Awareness***

- *Identifying Emotions*
- *Accurate Self-Perception*
- *Recognizing Strengths*
- *Self-Confidence*
- *Self-Efficacy*

Give an example of a time  
you helped someone  
else learn or accomplish  
something.

What strengths of yours made  
that possible?

***Self-Awareness:***  
*Recognizing Strengths*



## ***Self-Awareness***

- *Identifying Emotions*
- *Accurate Self-Perception*
- *Recognizing Strengths*
- *Self-Confidence*
- *Self-Efficacy*

Think about a relationship  
or experience that helped  
you notice your strengths.

What about that relationship  
or experience helped you see  
your strengths?

***Self-Awareness:***  
*Recognizing Strengths*



## ***Self-Awareness***

- *Identifying Emotions*
- *Accurate Self-Perception*
- *Recognizing Strengths*
- *Self-Confidence*
- *Self-Efficacy*

What are some important skills or knowledge that you bring to the table?

***Self-Awareness:***  
*Self-Confidence*



## ***Self-Awareness***

- *Identifying Emotions*
- *Accurate Self-Perception*
- *Recognizing Strengths*
- ***Self-Confidence***
- *Self-Efficacy*

Think about a situation in which your self-confidence was shaken.

How could you regain confidence in a similar situation?

***Self-Awareness:***  
*Self-Confidence*



## ***Self-Awareness***

- *Identifying Emotions*
- *Accurate Self-Perception*
- *Recognizing Strengths*
- ***Self-Confidence***
- *Self-Efficacy*

What situations lead you  
to focus more on your  
challenges than  
your strengths?

How might you shift that  
perspective?

***Self-Awareness:***  
*Self-Confidence*



## ***Self-Awareness***

- *Identifying Emotions*
- *Accurate Self-Perception*
- *Recognizing Strengths*
- ***Self-Confidence***
- *Self-Efficacy*

How does your degree of self-confidence affect a situation?

***Self-Awareness:***  
*Self-Confidence*



## ***Self-Awareness***

- *Identifying Emotions*
- *Accurate Self-Perception*
- *Recognizing Strengths*
- ***Self-Confidence***
- *Self-Efficacy*

What factors affect your  
ability to be effective at  
what you do?

In what way can you influence  
those factors?

Which are beyond your  
control right now?

***Self-Awareness:***  
*Self-Efficacy*



## ***Self-Awareness***

- *Identifying Emotions*
- *Accurate Self-Perception*
- *Recognizing Strengths*
- *Self-Confidence*
- *Self-Efficacy*

Give an example of something you feel very effective at, that others may not see.

***Self-Awareness:***  
*Self-Efficacy*



## ***Self-Awareness***

- *Identifying Emotions*
- *Accurate Self-Perception*
- *Recognizing Strengths*
- *Self-Confidence*
- *Self-Efficacy*

Describe a time when you saw a positive impact that was the result of your efforts.

***Self-Awareness:***  
*Self-Efficacy*



## ***Self-Awareness***

- *Identifying Emotions*
- *Accurate Self-Perception*
- *Recognizing Strengths*
- *Self-Confidence*
- *Self-Efficacy*

Give an example of a time it was difficult to see how your efforts made a difference in an outcome.

How might you make that clearer for yourself?

***Self-Awareness:***  
*Self-Efficacy*



## ***Self-Awareness***

- *Identifying Emotions*
- *Accurate Self-Perception*
- *Recognizing Strengths*
- *Self-Confidence*
- *Self-Efficacy*

What are some triggers (situations, words, self-talk) that make it hard for you to pause and think before you speak and act?

***Self-Management:***  
*Impulse Control*



## *Self-Management*

- **Impulse Control**
- *Stress Management*
- *Self-Discipline*
- *Self-Motivation*
- *Goal-Setting*
- *Organizational Skills*

What are some strategies  
you have used to  
effectively help yourself  
slow down, reflect, and  
choose your actions  
or words?

***Self-Management:***  
*Impulse Control*



## *Self-Management*

- **Impulse Control**
- *Stress Management*
- *Self-Discipline*
- *Self-Motivation*
- *Goal-Setting*
- *Organizational Skills*

Think about a time you were able to wait for a strong emotion to pass before acting.

How did that impact the situation?

***Self-Management:***  
*Impulse Control*



## *Self-Management*

- *Impulse Control*
- *Stress Management*
- *Self-Discipline*
- *Self-Motivation*
- *Goal-Setting*
- *Organizational Skills*

Talk about a time when  
delaying action on  
something you had strong  
feelings about resulted in a  
more desirable outcome.

***Self-Management:***  
*Impulse Control*



## *Self-Management*

- *Impulse Control*
- *Stress Management*
- *Self-Discipline*
- *Self-Motivation*
- *Goal-Setting*
- *Organizational Skills*

Describe some physical cues that help you notice you're experiencing stress.

***Self-Management:***  
*Stress Management*



## ***Self-Management***

- *Impulse Control*
- *Stress Management*
- *Self-Discipline*
- *Self-Motivation*
- *Goal-Setting*
- *Organizational Skills*

Describe some strategies  
you have for calming  
yourself in stressful  
situations.

***Self-Management:***  
*Stress Management*



## ***Self-Management***

- *Impulse Control*
- *Stress Management*
- *Self-Discipline*
- *Self-Motivation*
- *Goal-Setting*
- *Organizational Skills*

Describe a time when stress was a positive motivating factor for you.

***Self-Management:***  
*Stress Management*



## ***Self-Management***

- *Impulse Control*
- *Stress Management*
- *Self-Discipline*
- *Self-Motivation*
- *Goal-Setting*
- *Organizational Skills*

Think of someone at work  
who handles stress very  
effectively.

What do they say and do that  
demonstrates this skill?

***Self-Management:***  
*Stress Management*



## ***Self-Management***

- *Impulse Control*
- *Stress Management*
- *Self-Discipline*
- *Self-Motivation*
- *Goal-Setting*
- *Organizational Skills*

Describe a task you find  
challenging to get  
started on.

What contributes to it being  
challenging?

***Self-Management:***  
*Self-Discipline*



## ***Self-Management***

- *Impulse Control*
- *Stress Management*
- ***Self-Discipline***
- *Self-Motivation*
- *Goal-Setting*
- *Organizational Skills*

Describe a task that you  
find challenging to  
persist on.

What contributes to it being  
challenging?

***Self-Management:***  
*Self-Discipline*



## *Self-Management*

- *Impulse Control*
- *Stress Management*
- ***Self-Discipline***
- *Self-Motivation*
- *Goal-Setting*
- *Organizational Skills*

Describe a time when working toward a goal, even when you didn't feel like it, had positive results for you or for others.

***Self-Management:***  
*Self-Discipline*



## ***Self-Management***

- *Impulse Control*
- *Stress Management*
- ***Self-Discipline***
- *Self-Motivation*
- *Goal-Setting*
- *Organizational Skills*

Think about a time you  
didn't feel like persisting  
on a task or goal but  
kept going.

What helped you stick with it?

***Self-Management:***  
*Self-Discipline*



## ***Self-Management***

- *Impulse Control*
- *Stress Management*
- ***Self-Discipline***
- *Self-Motivation*
- *Goal-Setting*
- *Organizational Skills*

What factors make  
you willing, and even  
energized, to work hard on  
something?

***Self-Management:***  
*Self-Motivation*



## ***Self-Management***

- *Impulse Control*
- *Stress Management*
- *Self-Discipline*
- ***Self-Motivation***
- *Goal-Setting*
- *Organizational Skills*

What positive feelings and beliefs about yourself arise when you achieve something you value?

What role might these beliefs play in helping you reach goals?

***Self-Management:***  
*Self-Motivation*



## ***Self-Management***

- *Impulse Control*
- *Stress Management*
- *Self-Discipline*
- ***Self-Motivation***
- *Goal-Setting*
- *Organizational Skills*

Describe external elements that make you more willing to do something (e.g. peer influence, financial rewards, etc.).

How could you increase those elements in your life, to help you achieve your goals?

***Self-Management:***  
*Self-Motivation*



## ***Self-Management***

- *Impulse Control*
- *Stress Management*
- *Self-Discipline*
- ***Self-Motivation***
- *Goal-Setting*
- *Organizational Skills*

Think about a time you  
lacked motivation to  
do something you had  
planned to do.

What contributed to you  
feeling that way?

***Self-Management:***  
*Self-Motivation*



## ***Self-Management***

- *Impulse Control*
- *Stress Management*
- *Self-Discipline*
- ***Self-Motivation***
- *Goal-Setting*
- *Organizational Skills*

What is a big goal you have that you don't feel confident you can achieve?

What are some small steps you can begin taking toward achieving it?

***Self-Management:***  
*Goal Setting*



## ***Self-Management***

- *Impulse Control*
- *Stress Management*
- *Self-Discipline*
- *Self-Motivation*
- *Goal-Setting*
- *Organizational Skills*

Talk about a goal someone else set for you that you value and feel is achievable.

What are your next steps?

***Self-Management:***  
*Goal Setting*



## ***Self-Management***

- *Impulse Control*
- *Stress Management*
- *Self-Discipline*
- *Self-Motivation*
- ***Goal-Setting***
- *Organizational Skills*

Talk about a goal you have  
for yourself.

What are your next steps?

How will you celebrate  
completing those next steps?

***Self-Management:***  
*Goal Setting*



## ***Self-Management***

- *Impulse Control*
- *Stress Management*
- *Self-Discipline*
- *Self-Motivation*
- ***Goal-Setting***
- *Organizational Skills*

Describe a time you were able to envision an improvement to something.

How did that help you set related goals to make that vision a reality?

***Self-Management:***  
*Goal Setting*



## ***Self-Management***

- *Impulse Control*
- *Stress Management*
- *Self-Discipline*
- *Self-Motivation*
- ***Goal-Setting***
- *Organizational Skills*

What are some areas in which you feel organized?

How does that impact your work?

How does that impact others?

***Self-Management:***  
*Organizational Skills*



## *Self-Management*

- *Impulse Control*
- *Stress Management*
- *Self-Discipline*
- *Self-Motivation*
- *Goal-Setting*
- *Organizational Skills*

What are some areas at work in which you do not feel organized?

How does that impact your work?

How does that impact others?

***Self-Management:***  
*Organizational Skills*



## ***Self-Management***

- *Impulse Control*
- *Stress Management*
- *Self-Discipline*
- *Self-Motivation*
- *Goal-Setting*
- *Organizational Skills*

What are some tools, materials or systems that you already use to feel confident in your organizational skills?

***Self-Management:***  
*Organizational Skills*



## *Self-Management*

- *Impulse Control*
- *Stress Management*
- *Self-Discipline*
- *Self-Motivation*
- *Goal-Setting*
- *Organizational Skills*

Think of a time when you did not feel organized and it was challenging for others to support you in accomplishing goals.

How might you organize things differently, in a way that allows others to support you?

***Self-Management:***  
*Organizational Skills*



## ***Self-Management***

- *Impulse Control*
- *Stress Management*
- *Self-Discipline*
- *Self-Motivation*
- *Goal-Setting*
- *Organizational Skills*

Think of a time when  
you understood where  
someone else was coming  
from.

What helped you do that?

***Social Awareness:***  
*Perspective-Taking*



## ***Social Awareness***

- *Perspective-Taking*
- *Empathy*
- *Appreciating Diversity*
- *Respect for Others*

Give an example of a recent challenge that involved others.

What do you wish others could have known about the situation?

How might they have gained those insights?

***Social Awareness:***  
*Perspective-Taking*



## ***Social Awareness***

- ***Perspective-Taking***
- *Empathy*
- *Appreciating Diversity*
- *Respect for Others*

Think of a time you were able to help someone see another person's perspective.

What techniques or strategies helped with that?

***Social Awareness:***  
*Perspective-Taking*



## ***Social Awareness***

- *Perspective-Taking*
- *Empathy*
- *Appreciating Diversity*
- *Respect for Others*

Describe a time your perspective added value.

What about you or your experience contributed to your perspective?

***Social Awareness:***  
*Perspective-Taking*



## ***Social Awareness***

- *Perspective-Taking*
- *Empathy*
- *Appreciating Diversity*
- *Respect for Others*

Describe a time when  
being aware of others'  
feelings helped you be  
successful.

***Social Awareness:***

*Empathy*



## ***Social Awareness***

- *Perspective-Taking*
- ***Empathy***
- *Appreciating Diversity*
- *Respect for Others*

Think of a person you have  
found it challenging to  
work with.

What were some of the things  
going on for them, or for you,  
that may have contributed  
to that?

***Social Awareness:***  
*Empathy*



## ***Social Awareness***

- *Perspective-Taking*
- *Empathy*
- *Appreciating Diversity*
- *Respect for Others*

Recall a relationship or environment where your feelings seemed to be heard and taken into account.

What about the relationship or environment created that space for you?

***Social Awareness:***  
*Empathy*



## ***Social Awareness***

- *Perspective-Taking*
- ***Empathy***
- *Appreciating Diversity*
- *Respect for Others*

How do you balance the value of reaching a goal with the value of considering how others feel during the process?

What role does the way people feel play in reaching the goal?

***Social Awareness:***  
*Empathy*



## ***Social Awareness***

- *Perspective-Taking*
- ***Empathy***
- *Appreciating Diversity*
- *Respect for Others*

Brainstorm some ways  
that a variety of opinions  
or perspectives have  
added value to something  
you've been a part of.

***Social Awareness:***  
*Appreciating Diversity*



## ***Social Awareness***

- *Perspective-Taking*
- *Empathy*
- *Appreciating Diversity*
- *Respect for Others*

Think of a time when you  
felt like an outsider or  
different from most of the  
people around you.

What resources or strategies  
were helpful to you?

***Social Awareness:***  
*Appreciating Diversity*



## ***Social Awareness***

- *Perspective-Taking*
- *Empathy*
- *Appreciating Diversity*
- *Respect for Others*

Think of a time you actively worked to lift up marginalized or less dominant voices.

If successful, what helped? If not, what got in the way?

***Social Awareness:***  
*Appreciating Diversity*



## ***Social Awareness***

- *Perspective-Taking*
- *Empathy*
- *Appreciating Diversity*
- *Respect for Others*

Think of a time you've been grateful for the skills or knowledge someone else brought.

What aspects of the environment or situation made it possible for them to offer those skills or knowledge?

***Social Awareness:***  
*Appreciating Diversity*



## ***Social Awareness***

- *Perspective-Taking*
- *Empathy*
- *Appreciating Diversity*
- *Respect for Others*

What helps you treat someone with respect, even when you're having a serious disagreement?

***Social Awareness:***  
*Respect for Others*



## ***Social Awareness***

- *Perspective-Taking*
- *Empathy*
- *Appreciating Diversity*
- *Respect for Others*

Describe a time when a work relationship was strengthened by the way you considered another person's needs and wishes.

***Social Awareness:***  
*Respect for Others*



## ***Social Awareness***

- *Perspective-Taking*
- *Empathy*
- *Appreciating Diversity*
- *Respect for Others*

Think of a time when a relationship was negatively impacted by your speech or actions toward another person.

What, if anything, would you say or do differently if faced with a similar situation in the future?

***Social Awareness:***  
*Respect for Others*



## ***Social Awareness***

- *Perspective-Taking*
- *Empathy*
- *Appreciating Diversity*
- *Respect for Others*

Describe some ways you let others know that you respect them and what you respect about them.

***Social Awareness:***  
*Respect for Others*



## ***Social Awareness***

- *Perspective-Taking*
- *Empathy*
- *Appreciating Diversity*
- *Respect for Others*

How do you know whether  
you have effectively  
conveyed your message  
to others?

***Relationship Skills:***  
*Communication*



## *Relationship Skills*

- **Communication**
- *Social Engagement*
- *Relationship Building*
- *Teamwork*

How do you know that your understanding of someone's message is accurate to what they intended?

***Relationship Skills:***  
*Communication*



## *Relationship Skills*

- **Communication**
- *Social Engagement*
- *Relationship Building*
- *Teamwork*

Describe a time when communication broke down and the effects that had on something important to you.

***Relationship Skills:***  
*Communication*



## *Relationship Skills*

- **Communication**
- *Social Engagement*
- *Relationship Building*
- *Teamwork*

Describe a time when  
clear and effective  
communication made a  
positive difference.

**What contributed to that?**

***Relationship Skills:***  
*Communication*



## *Relationship Skills*

- **Communication**
- *Social Engagement*
- *Relationship Building*
- *Teamwork*

What are some benefits  
your efforts have had on a  
group that is important  
to you?

***Relationship Skills:***  
*Social Engagement*



## *Relationship Skills*

- *Communication*
- *Social Engagement*
- *Relationship Building*
- *Teamwork*

What challenges or barriers prevent you from working more effectively with others?

What are some potential benefits of overcoming those barriers?

***Relationship Skills:***  
*Social Engagement*



## *Relationship Skills*

- *Communication*
- *Social Engagement*
- *Relationship Building*
- *Teamwork*

What topics do you find it  
easiest to talk about  
with others?

Which are most challenging  
for you?

***Relationship Skills:***  
*Social Engagement*



## *Relationship Skills*

- *Communication*
- *Social Engagement*
- *Relationship Building*
- *Teamwork*

What supports (people, strategies, resources, etc.) would help you engage more effectively with others?

***Relationship Skills:***  
*Social Engagement*



## *Relationship Skills*

- *Communication*
- *Social Engagement*
- *Relationship Building*
- *Teamwork*

Think about a person you really value.

What are some of the aspects you value most about your relationship with them?

***Relationship Skills:***  
*Relationship Building*



## *Relationship Skills*

- *Communication*
- *Social Engagement*
- *Relationship Building*
- *Teamwork*

Think about a time when  
you were able to work  
successfully with someone  
you found difficult.

What contributed to you being  
able to work effectively  
with them?

***Relationship Skills:***  
*Relationship Building*



## *Relationship Skills*

- *Communication*
- *Social Engagement*
- *Relationship Building*
- *Teamwork*

Think of a challenging relationship where you give a lot or do a lot for the other person. How does this impact you?

What would doing more for yourself look like in this relationship?

***Relationship Skills:***  
*Relationship Building*



## *Relationship Skills*

- *Communication*
- *Social Engagement*
- *Relationship Building*
- *Teamwork*

What role do relationships play in achieving your goals?

***Relationship Skills:***  
*Relationship Building*



## *Relationship Skills*

- *Communication*
- *Social Engagement*
- *Relationship Building*
- *Teamwork*

What are some differences  
for you between working  
cooperatively and splitting  
up a task?

***Relationship Skills:***  
*Teamwork*



## *Relationship Skills*

- *Communication*
- *Social Engagement*
- *Relationship Building*
- *Teamwork*

Think about a time when you were able to apply your strongest talents to a project.

What contributed to that?

***Relationship Skills:***

*Teamwork*



## *Relationship Skills*

- *Communication*
- *Social Engagement*
- *Relationship Building*
- *Teamwork*

Think about a team you've been a part of that worked well together.

What contributed to that? How were roadblocks addressed effectively?

***Relationship Skills:***  
*Teamwork*



## *Relationship Skills*

- *Communication*
- *Social Engagement*
- *Relationship Building*
- *Teamwork*

Describe valuable contributions you have seen others make.

What helps you to notice those contributions?

***Relationship Skills:***  
*Teamwork*



## *Relationship Skills*

- *Communication*
- *Social Engagement*
- *Relationship Building*
- *Teamwork*

Think of a time when the cause of a problem was related to a particular person's approach, actions or relationships.

What was effective in solving that problem? Or what would you do differently now?

***Responsible Decision-Making:  
Identifying Problems***



## *Responsible Decision-Making*

- *Identifying Problems*
- *Analyzing Situations*
- *Solving Problems*
- *Evaluating*
- *Reflecting*
- *Ethical Responsibility*

Describe a challenge you've encountered when there were multiple contributing factors.

What process did you use, or do you wish you'd used, for approaching that challenge?

***Responsible Decision-Making:  
Identifying Problems***



## *Responsible Decision-Making*

- *Identifying Problems*
- *Analyzing Situations*
- *Solving Problems*
- *Evaluating*
- *Reflecting*
- *Ethical Responsibility*

Think of a time when  
your initial solution to a  
problem didn't get to the  
problem's real cause.

**What contributed to using that  
first solution?**

**What helped you move  
beyond it?**

***Responsible Decision-Making:  
Identifying Problems***



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Think about a time when  
you were successful in  
anticipating possible  
problems or roadblocks.

What contributed to your being  
able to do this?

***Responsible Decision-Making:  
Identifying Problems***



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Think about something  
you are working toward.

What are some possible risks  
involved in the journey?

And benefits if you succeed?

***Responsible Decision-Making:  
Analyzing Situations***



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Think about something  
you are working toward.

Who else is impacted by your  
endeavor?

How might they affect or be  
affected by the outcome?

***Responsible Decision-Making:  
Analyzing Situations***



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Brainstorm some skills that best support people in assessing what's going on in a situation.

Which of these are already strengths of yours?

***Responsible Decision-Making:  
Analyzing Situations***



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What tools or strategies help you map out the complexities of a situation?

***Responsible Decision-Making:  
Analyzing Situations***



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What are your internal signals that you're moving toward a superficial solution to a problem?

***Responsible Decision-Making:  
Solving Problems***



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Describe a time you used the information from your intuition or gut instinct to help solve a problem.

How did that impact the outcome?

How would you use that information in the future?

***Responsible Decision-Making:  
Solving Problems***



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What can others do to help  
you think deeply about a  
complex situation?

***Responsible Decision-Making:  
Solving Problems***



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Describe a problem you have seen someone resolve effectively.

What steps did you observe them taking to get to the solution?

What steps do you imagine they took that you could not observe?

***Responsible Decision-Making:  
Solving Problems***



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Give an example of a way of judging something that changes based on the person making that judgment.

How could that be done more objectively (less dependent on personal feeling or opinion)?

***Responsible Decision-Making:  
Evaluating***



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How do you decide  
whether something went  
well or didn't go well?

***Responsible Decision-Making:  
Evaluating***



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Think about a time  
someone measured your  
success or achievement.

Who decided what criteria to  
include?

What other criteria could have  
been included?

***Responsible Decision-Making:  
Evaluating***



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Think about a time you sought out multiple perspectives before making a judgment.

In what situations is there an opportunity to do more of that now?

How might that impact things?

***Responsible Decision-Making:  
Evaluating***



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Think about a problem you solved recently.

What did you learn about yourself and others?

How might you use this experience to inform future situations?

***Responsible Decision-Making:  
Reflecting***



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Think about a time you reflected on something individually or with others.

What were the main themes in your reflection?

Which of those did you find it most helpful to think about?

***Responsible Decision-Making:  
Reflecting***



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Have you built reflection time into your work day?

If yes, what is your system and how do you stay consistent?

If not yet, what gets in the way?

***Responsible Decision-Making:  
Reflecting***



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Describe a time when reflecting about something with others was beneficial.

What tools or process did you use?

***Responsible Decision-Making:  
Reflecting***



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Think about a time when you felt you had a moral or ethical responsibility to make a certain decision or take a specific action.

What contributed to that?

What helped you proceed?

***Responsible Decision-Making:  
Ethical Responsibility***



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What elements of  
a relationship or  
environment encourage  
you to do what is ethical or  
morally correct?

Where are there opportunities  
for you to more deeply foster  
those elements?

***Responsible Decision-Making:***  
*Ethical Responsibility*



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Give an example of a decision you made that impacted others.

How might the people impacted by your decision describe its consequences?

***Responsible Decision-Making:  
Ethical Responsibility***



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Think about a decision you need to make that will impact others.

What ethical factors may be involved, related to a specific person who will be impacted?

What made that person come to mind?

***Responsible Decision-Making:  
Ethical Responsibility***



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