

Black SEL + Adults



1

Reflect on Identity & Self Knowledge

When you think about various aspects of your identity, how did you learn these truths about yourself?



How have aspects of your identity been challenging for you or challenged by external factors?

2

Reflect on Habits & Mindsets

What habits, mindsets, or beliefs from your upbringing/culture shape your adult life, and do they align with your current values and goals?



How willing and effective are you at learning and unlearning, especially when confronted with new perspectives or the need to adapt as an adult?

3

Reflect on Impact

In what ways have your social-emotional character impacted your access to opportunities and personal growth?



What is your capacity to leverage your social-emotional character to facilitate shared prosperity and mutual advancement?

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