

Interactive self profiles

Ripple Effects for Teens Interactive self-profiles are available for the following topics, organized here into CASEL frameworks.

SELF AWARENESS	SELF REGULATION
Strengths Risk and protection Learning style Learning disability Attention deficit disorder Sports and exercise type Temperament Creativity Values	Controlling impulses Managing feelings Assertiveness
OTHER AWARENESS	RELATIONSHIPS W/ OTHERS
Empathy (affective/cognitive) Diversity Gender Race/ethnicity	Showing care (behavioral - empathy) Doin' democracy (Resolving) racial conflict (Resolving) teacher conflict Internet - courtesy Internet - reading people Internet - harassment Internet - expressing yourself Dating
DECISION MAKING	RESILIENCE
Making decisions Norms Substance abuse Alcohol Drugs Marijuana Meth	Hard things/Trauma Resilience Humor Luck/Fate Control Future

* Response to trauma is not specifically part of the CASEL framework, but is an important factor in many behavior problems.



Sample Personal Report

This profile measures your ability to feel for others, in terms of two things: how tuned you are to your own feelings, and how able you are to take the perspective of others. The idea is: 1) you can't know what someone else is feeling if you don't know your own feelings, and 2) people are coming from different places, so to really understand them, you need to be able to see things from their perspective.

Your answers suggest you are good at understanding the position of others. Your strong ability to take others' point of view is a real gift. You're likely to be able to see things from all sides. It can be a big help in problem solving. It's half of what you need to really identify with others.

Your lower score on being tuned to feelings - your own or other people's - means what you know about others is more from your head than from your heart. Sometimes people with this combination are tempted to manipulate others. They get a feel for what the other person's hot buttons are and may get a kick out of pushing them. Sometimes bullies have this combination.

This can give a short-term rush, but it really backfires in the long run. People who don't feel for others are at way more risk of committing serious crimes and eventually doing serious time.

Fortunately, you can easily avoid that outcome. Since you have such a strong base in being good at taking others' perspectives, you just need to become more aware of feelings - your own and others. With that combination, you will have one of the major assets that can predict positive relationships and success in life. Look up "understanding feelings" in the cell phone and start today.

