# Self-Reg 5 Domain Student Profiles: Reflection Questions

## The MEHRIT Centre, Ltd.

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## The Biological Domain

### Some beginning questions

- Does the student appear to be healthy and well rested? Describe indications of health or ill health?
- Does the student have long periods of being sullen or withdrawn that are not related to illness?
- Is the student physically active?
- Does the student frequently display “defensive behaviours” (hunched over, arms crossed, hoodie pulled over eyes)?
- Does the student have a problem with abdominal weight? Skin rashes? Movement problems (e.g., sluggish, clumsy)?

## The Emotional Domain

### Some beginning questions:

- Does the student display a wide range of emotions or only a narrow range? Describe.
- Is the student able to bounce back from frustration, disappointment, embarrassment or is left devastated by such emotions?
- Does the student have a balanced or a strongly negative outlook?
- Is the student emotionally volatile, swinging from one emotion to another in an instant?
- Is the student able to describe or express subtle emotional experiences?

## The Social Domain

- Is the student able to “mindread”: i.e., know what others are thinking or feeling from their body language?
- Does the student have friends? Is the student able to engage in the sorts of behaviours that are essential for having friends, such as repairing interactional breakdowns?
- Is the student able to participate effectively in group activities?
- Is the student drawn to positive or negative peer groups?
- Does the student live in a largely “asocial” world (e.g., playing solitary computer games, watching TV or movies)?

## The Cognitive Domain

- Is the student able to sustain concentration, think logically, consider perspectives, problem solve, and time manage at an age-appropriate level?
- Does the student have academic interests and curiosity? A wide range or an extremely narrow range? Describe.
- Does the student set learning goals and monitor and assess performance? Describe.
- Does the student take risks, view failure as an opportunity to learn, and demonstrate ability to learn from errors on his/her own?
- Does the student demonstrate self-awareness, including the recognition of personal learning strengths and weaknesses and knowing how (and when) to personally apply the five steps of Self-Reg? Describe.

## The Pro-Social Domain

- Has the student developed “internal standards of behaviour”: e.g., a personal sense of right and wrong?
- Does the student exhibit empathy to others?
- Does the student appear to be “connected” to the school?
- Does the student see others behaviour in black and white terms or is the student able to think in terms of grey?
- Does the student participate in prosocial activities?