

The Social-Emotional-Behavioural Assessment

Towards Adult Life

By Judith Buchanan

Copyright 2016

The SEB-3 has been developed more recently to measure the social, emotional and behavioural strengths and needs of older children, adolescents and adults who are able to communicate in sentences. It has been used in mainstream settings as well as in special schools and colleges. It was developed as an extension of the SEB-2 for individuals who had achieved a score of more than 160 in the SEB-2

The SEB-3 can be used for base-line assessment and target setting, as well as long-term monitoring of an individual's social, emotional and behavioural wellbeing. It provides information about the individual's strengths and weaknesses, and helps identify areas for development in social communication. This may also be helpful for monitoring individuals as they experience life changes over time.

The adult completing the assessment should be very familiar with the individual who is being assessed, and could be a parent, carer, teacher or therapist.

The SEB-3 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-3 ASSESSMENT TOWARDS ADULT LIFE

Name:		Date:	0	1	2	3	4	5
R E S P O N S E	Listens actively to peers, encouraging them to express themselves							
	Shows respect towards people whose attitudes and opinions are different							
	Waits while others express their ideas without interrupting							
	Shows interest in listening to others and learning from them							
	Responds appropriately to people in unfamiliar social situations							
	Reads others' nonverbal communication and responds appropriately							
	Reads social situations and adapts conversation style accordingly							
	Accepts invitations to be involved in a variety of positive social situations							
I N I T I A T I O N	Confident in starting up conversations with strangers							
	Takes the lead in discussions with peers when required							
	Takes the lead in discussions with unfamiliar people when required							
	Takes the lead in formal presentations to unfamiliar people when required							
	Confident in starting up conversations with someone they find attractive							
	Pays appropriate compliments							
	Plans activities and organises resources independently							
	Organises personal social life appropriately and independently							
I N T E R A C T I O N	Deals appropriately with social media							
	Makes effective use of questioning to develop social interactions							
	Makes good use of superficial chat to pass the time of day							
	Gives reasons for own opinions clearly and succinctly							
	Is aware of how others view them and responds appropriately							
	Says no when peers try to persuade them to do something wrong							
	Maintains meaningful conversations with unfamiliar people							
	Uses diplomacy when social situations don't go according to plan							
C O O P E R A T I O N	Deals appropriately with social media							
	Makes effective use of questioning to develop social interactions							
	Makes good use of superficial chat to pass the time of day							
	Gives reasons for own opinions clearly and succinctly							
	Is aware of how others view them and responds appropriately							
	Says no when peers try to persuade them to do something wrong							
	Maintains meaningful conversations with unfamiliar people							
	Uses diplomacy when social situations don't go according to plan							
A S S E R T I V E N E S S	Deals appropriately with breakdowns in personal relationships							
	Resolves conflicts using appropriate verbal and nonverbal skills							
	Explains when something is wrong without assuming others have understood							
	Talks about own feelings rather than losing control of them							
	Ends conflict situations appropriately							
	Deals sensitively with others when they lose control of their emotions							
	Knows own personal strengths and makes good use of them							
	Recognises own personal weaknesses and strives 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