

The Student Employment Experience Learning Assessment (SEELA) tracks student development in seven co-curricular learning competencies. The SEELA can be used to help student employees identify what skills they are using in their on-campus jobs and which skills they want to develop. If students take the SEELA over time, they can also learn how their skills change and grow!

There are two ways each competency is assessed:

- **Self-Efficacy Score** - the degree to which the student feels confident in their own ability to use that skill
- **Behavioral Score** - how often the student believes they use that skill as part of their on-campus job

Sample **Self-Efficacy Score** Questions:

- “Your self-efficacy score is ___% in _____ competency. What are your thoughts about this score?”
- “How often do you use (competency) in your day-to-day?”
- “What about this competency makes you feel confident, comfortable, or uncomfortable?”
- “Is there something I can do to help you develop this competency?”

Sample **Behavioral Score** Questions:

- “Your Behavioral score is ___% on ___ competency. How do you think this competency applies to your position? Your future goals?”
- “How often do you use (competency) in this position?”
- “Is there something I can do to better integrate this competency into your position?”

