OMB Control #: XXXX-XXXX

# Professional Self-Care Scale

PAPERWORK REDUCTION ACT OF 1995 (Pub. L. 104-13) STATEMENT OF PUBLIC BURDEN: The purpose of this information collection is to identify teacher practices for supporting children’s social-emotional development and to identify training and implementation factors that may enhance these practices. Public reporting burden for this collection of information is estimated to average 6 minutes per respondent, including the time for reviewing instructions, gathering and maintaining the data needed, and reviewing the collection of information. This is a voluntary collection of information. Additionally, an agency may not conduct or sponsor, and a person is not required to respond to, a collection of information subject to the requirements of the Paperwork Reduction Act of 1995, unless it displays a currently valid OMB control number. The OMB number for this information collection is OMB Control #: XXXX-XXXX and it expires on [DATE]. If you have any comments on this collection of information, please contact [NAME AND CONTACT INFORMATION].

Instructions: The items below contain statements about your personal and professional activities. Please use the following scale to indicate how often you engage in each activity.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| *How Often:* 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never |  |  |  |  |  | Always |

|  |  |
| --- | --- |
| 1. I spend time with people whose company I enjoy. |  |
| 2. I maintain a professional support system. |  |
| 3. I take part in work-related social and community events. |  |
| 4. I take breaks throughout the workday. |  |
| 5. I participate in activities that promote my professional development. |  |
| 6. I cultivate professional relationships with my colleagues. |  |
| 7. I find ways to foster a sense of social connection and belonging in my life. |  |
| 8. I am mindful of triggers that increase professional stress. |  |
| 9. I seek out activities or people that are comforting to me. |  |
| 10. I connect with organizations in my professional community that are important to me. |  |
| 11. I make a proactive effort to manage the challenges of my professional work. |  |
| 12. I avoid workplace isolation. |  |
| 13. I spend time with family or friends. |  |
| 14. I find ways to stay current in professional knowledge. |  |
| 15. I share positive work experiences with colleagues. |  |
| 16. I try to be aware of my feelings and needs. |  |
| 17. I take some time for relaxation each day. |  |
| 18. I avoid over-commitment to work responsibilities. |  |
| 19. I monitor my feelings and reactions to students. |  |
| 20. I share work-related stressors with trusted colleagues. |  |
| 21. I maximize time in professional activities I enjoy. |  |

PSCS Scoring

Scoring of the five PSCS sub-scales:

Professional Support

Total Items: 2, 6, 12, 15, 20

Professional Development

Total Items: 3, 5, 10, 14, 21

Life Balance

Total Items: 1, 7, 9, 13

Cognitive Awareness

Total Items: 8, 11, 16, 19

Daily Balance

Total Items: 4, 17, 18

Reference: Dorociak, K. E., Rupert, P. A., Bryant, F. B., & Zahniser, E. (2017). Development of the professional self-care scale. *Journal of Counseling Psychology*, *64*(3), 325-334.