

Student SEL Competencies & Well-Being Measures

To better support you, your school and teachers would like to ask you some questions about how you think and feel. Only your teachers and school leaders will be able to see your responses, which will not affect your class grades. Please respond honestly—there are no right or wrong answers!

Goals and Challenges

In this section, we would like for you to think about your overall learning experiences at school and in life.

1. How often do you stay focused on the same goal for several months at a time?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never | Once in a while | Sometimes | Frequently | Almost always |

2. If you fail to reach an important goal, how likely are you to try again?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all likely | Slightly likely | Somewhat likely | Quite likely | Extremely likely |

3. When you are working on a project that matters a lot to you, how focused can you stay when there are lots of distractions?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all focused | Slightly focused | Somewhat focused | Quite focused | Extremely focused |

4. If you have a problem while working towards an important goal, how well can you keep working?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not well at all | Slightly well | Somewhat well | Quite well | Extremely well |

5. Some people pursue some of their goals for a long time, and others change their goals frequently. Over the next several years, how likely are you to continue to pursue one of your current goals?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all likely | Slightly likely | Somewhat likely | Quite likely | Extremely likely |

Performance in School

Whether a person does well or poorly in school may depend on a lot of different things. You may feel that some of these things are easier for you to change than others. **In school, how possible is it for you to change:**

6. Being talented

- | | | | | |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all possible to change | A little possible to change | Somewhat possible to change | Quite possible to change | Completely possible to change |

7. Putting forth a lot of effort

- | | | | | |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all possible to change | A little possible to change | Somewhat possible to change | Quite possible to change | Completely possible to change |

8. Behaving well in class

☐

Not at all possible to
change

☐

A little possible to
change

☐

Somewhat possible to
change

☐

Quite possible to change

☐

Completely possible to
change

9. Liking the subject

☐

Not at all possible to
change

☐

A little possible to
change

☐

Somewhat possible to
change

☐

Quite possible to change

☐

Completely possible to
change

10. How easily you give up

☐

Not at all possible to
change

☐

A little possible to
change

☐

Somewhat possible to
change

☐

Quite possible to change

☐

Completely possible to
change

11. Your level of intelligence

☐

Not at all possible to
change

☐

A little possible to
change

☐

Somewhat possible to
change

☐

Quite possible to change

☐

Completely possible to
change

Your Behavior

Please answer the following questions about how you respond to different situations. During the past 30 days...

12. How carefully did you listen to other people's points of view?

☐

Not carefully at all

☐

Slightly carefully

☐

Somewhat carefully

☐

Quite carefully

☐

Extremely carefully

13. How often did you come to class prepared?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

14. How much did you care about other people's feelings?

☐

Did not care at all

☐

Cared a little bit

☐

Cared somewhat

☐

Cared quite a bit

☐

Cared a tremendous
amount

15. How often did you follow directions in class?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

16. How well did you get along with students who are different from you?

☐

Did not get along at all

☐

Got along a little bit

☐

Got along somewhat

☐

Got along pretty well

☐

Got along extremely well

17. How often did you get your work done right away, instead of waiting until the last minute?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

18. How often were you polite to adults?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

19. How often did you compliment others' accomplishments?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

20. How often did you pay attention and resist distractions?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

21. How clearly were you able to describe your feelings?

☐

Not at all clearly

☐

Slightly clearly

☐

Somewhat clearly

☐

Quite clearly

☐

Extremely clearly

22. When you were working independently, how often did you stay focused?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

23. When others disagreed with you, how respectful were you of their views?

☐

Not at all respectful

☐

Slightly respectful

☐

Somewhat respectful

☐

Quite respectful

☐

Extremely respectful

24. How often did you remain calm, even when someone was bothering you or saying bad things?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

25. To what extent were you able to stand up for yourself without putting others down?

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

A tremendous amount

26. How often did you allow others to speak without interruption?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

27. To what extent were you able to disagree with others without starting an argument?

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

A tremendous amount

28. How often were you polite to other students?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

29. How often did you keep your temper in check?

- ☐ Almost never ☐ Once in a while ☐ Sometimes ☐ Frequently ☐ Almost all the time

Feelings in General

In this section, we are hoping to learn how you experience different emotions that may occur in your life (whether inside or outside of school).

30. When you are feeling pressured, how easily can you stay in control?

- ☐ Not easily at all ☐ Slightly easily ☐ Somewhat easily ☐ Quite easily ☐ Extremely easily

31. How often are you able to pull yourself out of a bad mood?

- ☐ Almost never ☐ Once in a while ☐ Sometimes ☐ Frequently ☐ Almost always

32. When everybody around you gets angry, how relaxed can you stay?

- ☐ Not relaxed at all ☐ Slightly relaxed ☐ Somewhat relaxed ☐ Quite relaxed ☐ Extremely relaxed

33. How often are you able to control your emotions when you need to?

- ☐ Almost never ☐ Once in a while ☐ Sometimes ☐ Frequently ☐ Almost always

34. Once you get upset, how often can you get yourself to relax?

- ☐ Almost never ☐ Once in a while ☐ Sometimes ☐ Frequently ☐ Almost always

35. When things go wrong for you, how calm are you able to remain?

- ☐ Not calm at all ☐ Slightly calm ☐ Somewhat calm ☐ Quite calm ☐ Extremely calm

Your Feelings

These questions ask about how you've been feeling recently. Please respond honestly—there are no right or wrong answers because there are no right or wrong feelings! Your answers will help us better support you and other students, and will not affect your grades or show up on your report card. You can skip any question you don't feel comfortable answering.

During the past week, how often did you feel _____?

36. excited

- ☐ Almost never ☐ Once in a while ☐ Sometimes ☐ Frequently ☐ Almost always

37. happy

- ☐ Almost never ☐ Once in a while ☐ Sometimes ☐ Frequently ☐ Almost always

38. loved

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

39. safe

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

40. hopeful

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

41. angry

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

42. lonely

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

43. sad

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

44. worried

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

45. frustrated

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

Help From Other People

In this section, tell us about how other people help you.

46. Do you have a teacher or other adult from school who you can count on to help you, no matter what?

☐

No

☐

Yes

47. Do you have a family member or other adult outside of school who you can count on to help you, no matter what?

☐

No

☐

Yes

48. Do you have a friend from school who you can count on to help you, no matter what?

☐

No

☐

Yes

49. Do you have a teacher or other adult from school who you can be completely yourself around?

☐

No

☐

Yes

50. Do you have a family member or other adult outside of school who you can be completely yourself around?

☐

No

☐

Yes

51. Do you have a friend from school who you can be completely yourself around?

☐

No

☐

Yes

Student Sense of Belonging

For the following questions, we are interested in learning more about how you think about your school. Please give us your honest opinions so that we can better understand your experience and work to make the school a better place.

Feelings About Being at School

In this section, we would like to understand how you feel about your school.

1. How well do people at your school understand you as a person?

☐☐☐☐☐

Do not understand at all

Understand a little

Understand somewhat

Understand quite a bit

Completely understand

2. How connected do you feel to the adults at your school?

☐☐☐☐☐

Not at all connected

Slightly connected

Somewhat connected

Quite connected

Extremely connected

3. How much respect do students in your school show you?

☐☐☐☐☐

No respect at all

A little bit of respect

Some respect

Quite a bit of respect

A tremendous amount of respect

4. How much do you matter to others at this school?

☐☐☐☐☐

Do not matter at all

Matter a little bit

Matter somewhat

Matter quite a bit

Matter a tremendous amount

5. Overall, how much do you feel like you belong at your school?

☐☐☐☐☐

Do not belong at all

Belong a little bit

Belong somewhat

Belong quite a bit

Completely belong