



Student SEL

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 much can you increase the effort you give in school?

- Can't increase at all Can increase a little Can increase some Can increase a lot Can increase a huge amount

2. How much can you improve your behavior in school?

- Can't improve at all Can improve a little Can improve some Can improve a lot Can improve a huge amount

3. How much can you increase how smart you are?

- Can't increase at all Can increase a little Can increase some Can increase a lot Can increase a huge amount

4. When you make a mistake on your schoolwork, how often do you ask your teacher for ways you can do better next time?

- Almost never Once in a while Sometimes A lot of the time Almost all the time

Your Behavior

Please answer the following questions about how you respond to different situations.

5. During the past two weeks, how carefully did you listen to other people's opinions?

- Not carefully at all A little carefully Somewhat carefully Very carefully Extremely carefully

6. During the past two weeks, how often did you come to class prepared?

- Almost never Once in a while Sometimes A lot of the time Almost all the time

7. During the past two weeks, how much did you care about other people's feelings?

- Did not care at all Cared a little bit Cared somewhat Cared a lot Cared a huge amount

8. During the past two weeks, how often did you follow directions in class?

- Almost never Once in a while Sometimes A lot of the time Almost all the time



9. During the past two weeks, 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 well Got along very well Got along extremely well

10. During the past two weeks, how often did you get your work done right away, instead of waiting until the last minute?

Almost never Once in a while Sometimes A lot of the time Almost all the time

11. During the past two weeks, how often did you compliment others' accomplishments?

Almost never Once in a while Sometimes A lot of the time Almost all the time

12. During the past two weeks, how often did you pay attention in class?

Almost never Once in a while Sometimes A lot of the time Almost all the time

13. During the past two weeks, how clearly were you able to describe your feelings?

Not at all clearly A little clearly Somewhat clearly Very clearly Extremely clearly

14. During the past two weeks, when you were working on your own, how often did you stay focused?

Almost never Once in a while Sometimes A lot of the time Almost all the time

15. During the past two weeks, when others did not agree with you, how respectful were you of their opinions?

Not at all respectful A little respectful Somewhat respectful Very respectful Extremely respectful

16. During the past two weeks, how much were you able to stand up for yourself without putting others down?

Not at all A little bit Somewhat A lot A huge amount

17. During the past two weeks, how often did you allow others to speak without interrupting them?

Almost never Once in a while Sometimes A lot of the time Almost all the time

18. During the past two weeks, how much were you able to disagree with others without starting an argument?

Not at all A little bit Somewhat A lot A huge amount

Feelings in General

In this section, we want to learn about how you experience emotions at school and in life.



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

- Almost never Once in a while Sometimes A lot of the time Almost always

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

- Almost never Once in a while Sometimes A lot of the time Almost always

21. When you get upset, how often can you get yourself to relax?

- Almost never Once in a while Sometimes A lot of the time Almost always

22. When things go wrong for you, how calm are you able to stay?

- Not calm at all A little calm Somewhat calm Very calm Extremely calm

23. When you get upset, how often do you stop to think before you act?

- Almost never Once in a while Sometimes A lot of the time Almost always

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.

Your Classes

Please tell us about how you feel about your current teachers and classes.

24. How respectful are your teachers towards you?

- Not at all respectful A little respectful Somewhat respectful Very respectful Extremely respectful

25. If you were upset when you came into class, how concerned would your teachers be?

- Not at all concerned A little concerned Somewhat concerned Very concerned Extremely concerned

26. When your teachers ask, "How are you?", how often do you feel they really want to know your answer?

- Almost never Once in a while Sometimes A lot of the time Almost always

27. How excited would you be if you could have your same teachers in the next grade too?

- Not at all excited A little excited Somewhat excited Very excited Extremely excited

Feelings About Being at School

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



28. How well do people at your school understand the kind of person you are?

Do not understand at all

Understand a little

Understand somewhat

Understand mostly

Completely understand

29. How much support do the adults at your school give you?

No support at all

A little bit of support

Some support

A lot of support

A huge amount of support

30. How much respect do students at your school show you?

No respect at all

A little bit of respect

Some respect

A lot of respect

A huge amount of respect

31. When you are at school, how much do you feel like you belong?

Do not belong at all

Belong a little bit

Belong somewhat

Mostly belong

Completely belong

Feelings About School

Please let us know what you think about school in general.

32. How often do teachers encourage you to learn about people from different races, ethnicities, or cultures?

Almost never

Once in a while

Sometimes

Frequently

Almost always

33. How often do you think about what someone of a different race, ethnicity, or culture experiences?

Almost never

Once in a while

Sometimes

Frequently

Almost always

34. How confident are you that students at your school can have honest conversations with each other about race?

Not at all confident

Slightly confident

Somewhat confident

Quite confident

Extremely confident

35. At your school, how often are you encouraged to think more deeply about race-related topics?

Almost never

Once in a while

Sometimes

Frequently

Almost always

36. How comfortable are you sharing your thoughts about race-related topics with other students at your school?

Not at all comfortable

Slightly comfortable

Somewhat comfortable

Quite comfortable

Extremely comfortable

37. How often do students at your school have important conversations about race, even when they might be uncomfortable?

Almost never

Once in a while

Sometimes

Frequently

Almost always



38. When there are major news events related to race, how often do adults at your school talk about them with students?

- Almost never Once in a while Sometimes Frequently Almost always

39. How well does your school help students speak out against racism?

- Not at all well Slightly well Somewhat well Quite well Extremely well

40. What do you wish your teachers knew about your experiences of race, gender, ethnicity, ability, sexual orientation or culture at school?

41. What is the most important thing your school can keep doing to support students of various races, genders, ethnicities, abilities, sexual orientations and cultures?

SAMPLE FORM