



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!

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:**

1. Being talented

☐	☐	☐	☐	☐
Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change

2. Putting forth a lot of effort

☐	☐	☐	☐	☐
Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change

3. 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

4. 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

5. 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

6. 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...

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

☐	☐	☐	☐	☐
Not carefully at all	Slightly carefully	Somewhat carefully	Quite carefully	Extremely carefully



8. How often did you come to class prepared?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

9. 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

10. How often did you follow directions in class?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

11. 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

12. 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

13. How often were you polite to adults?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

14. How often did you compliment others' accomplishments?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

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

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

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

☐

Not at all clearly

☐

Slightly clearly

☐

Somewhat clearly

☐

Quite clearly

☐

Extremely clearly

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

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

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

☐

Not at all respectful

☐

Slightly respectful

☐

Somewhat respectful

☐

Quite respectful

☐

Extremely respectful



19. 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

20. 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

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

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

22. 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

23. How often were you polite to other students?

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

24. 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).

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

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

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

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

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

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

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

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



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

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

30. 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

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 Current Classes

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

31. How many of your teachers are respectful towards you?

☐

None of my teachers

☐

A few of my teachers

☐

About half of my teachers

☐

Most of my teachers

☐

All of my teachers

32. If you walked into class upset, how many of your teachers would be concerned?

☐

None of my teachers

☐

A few of my teachers

☐

About half of my teachers

☐

Most of my teachers

☐

All of my teachers

33. If you came back to visit class three years from now, how many of your teachers would be excited to see you?

☐

None of my teachers

☐

A few of my teachers

☐

About half of my teachers

☐

Most of my teachers

☐

All of my teachers

34. When your teachers ask how you are doing, how many of them are really interested in your answer?

☐

None of my teachers

☐

A few of my teachers

☐

About half of my teachers

☐

Most of my teachers

☐

All of my teachers

35. How many of your teachers would you be excited to have again in the future?

☐

None of my teachers

☐

A few of my teachers

☐

About half of my teachers

☐

Most of my teachers

☐

All of my teachers

Feelings About Being at School

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

36. 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



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

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

38. 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

39. 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

40. 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

Feelings About School

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

41. 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

42. 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

43. 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

44. 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

45. 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

46. 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



47. 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

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

☐

Not at all well

☐

Slightly well

☐

Somewhat well

☐

Quite well

☐

Extremely well

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

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