



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 pay attention in class?

☐
☐
☐
☐
☐

Almost never

Once in a while

Sometimes

A lot of the time

Almost all the time

12. 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

13. 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

14. 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

15. 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

16. 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

17. 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

18. 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

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. 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

25. 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

26. 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

27. How respectful are your teachers towards you?

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

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