

Student SEL Competency & 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!

Your Current Classes

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

1. How confident are you that you can complete all the work that is assigned in your classes?

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

2. When complicated ideas are presented in class, how confident are you that you can understand them?

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

3. How confident are you that you can learn all the material presented in your classes?

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

4. How confident are you that you can do the hardest work that is assigned in your classes?

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

5. How confident are you that you will remember what you learned in your current classes, next year?

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

Your Behavior

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

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

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

7. How often did you come to class prepared?

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

8. 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

9. How often did you follow directions in class?

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

10. 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

11. 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

12. How often were you polite to adults?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

13. How often did you compliment others' accomplishments?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Not at all clearly

Slightly clearly

Somewhat clearly

Quite clearly

Extremely clearly

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Not at all respectful

Slightly respectful

Somewhat respectful

Quite respectful

Extremely respectful

18. 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

19. 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

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

21. 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

22. How often were you polite to other students?

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

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

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

Other Points of View

In this section, please tell us about how much, if at all, you think about your teachers' perspectives.

24. How hard do you try to understand your teachers' point of view?

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

25. During class, how hard do you try to understand what your teachers are feeling?

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

26. Overall, how much effort do you put into figuring out what your teachers are thinking?

- Almost no effort A small amount of effort Some effort Quite a bit of effort A tremendous amount of effort

27. How much effort have you put into figuring out what your teachers' goals are?

- Almost no effort A small amount of effort Some effort Quite a bit of effort A tremendous amount of effort

28. How much do you try to understand your teachers' motivation for doing different classroom activities?

- Not at all A little bit Somewhat Quite a bit A tremendous amount

29. When your teachers seem to be in a worse mood than usual, how hard do you try to understand the reasons why?

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

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

46. Thinking about everything in your life right now, what makes you feel the happiest?

47. Thinking about everything in your life right now, what feels the hardest for you?

Help From Other People

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

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

No

Yes

49. 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

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

- No Yes

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

- No Yes

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

- No Yes

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

- No Yes

54. What can teachers or other adults at school do to better support you?

SAMPLE FORM