

Kamiakin Student Needs Survey

2022-2023

Kamiakin school counselors will use the information in this survey to create programs for the 2022-2023 school year. Information contained in this survey is confidential (kept private) with the following exceptions: (1) you share thoughts of wanting to harm yourself, (2) you share that you plan to harm another person or (3) you share that someone is harming you. In these situations, your school counselor will follow up with you to check on your safety.

* Required

* This form will record your name, please fill your name.

1. What Grade are you in? *

6th

7th

8th

2. My School Counselor is: *

3. How connected do you feel to the other STUDENTS at Kamiakin? *

- Not at all Connected
- Slightly Connected
- Somewhat Connected
- Very Connected

4. How connected do you feel to the STAFF at Kamiakin? *

- Not at all Connected
- Slightly Connected
- Somewhat Connected
- Very Connected

5. I feel safe at school *

- Never Safe
- Slightly Safe
- Somewhat Safe
- Very Safe

6. When I have a problem, I can come up with many different ways to solve it

- Yes, always
- Yes, most of the time
- Yes, sometimes

No, never

7. When I think about the future, I feel hopeful

Yes, always

Yes, most of the time

Yes, sometimes

No, never

8. I feel stressed and/or anxious (feeling on edge, difficulty focusing, heart racing): *

Always

Frequently

Sometimes

Rarely

Never

9. I am able to manage my stress and/or anxiety. *

Always

Frequently

Sometimes

Rarely

Never

10. I have felt down or depressed this year (sad, lonely, low energy, oversleeping/ lack of sleep). *

- Always
- Frequently
- Sometimes
- Rarely
- Never

11. I am able to use strategies to manage uncomfortable or sad feelings. *

- Always
- Frequently
- Sometimes
- Rarely
- Never

12. The following list contains common topics that students may need help with. Choose the area you need the MOST help with this year. *

- Making and maintaining friends
- Being teased or bullied
- LGBTQ+ resources
- Handling sadness over the death of a family member or friend
- Dealing with parental divorce or separation
- Dealing with my anger

- Dealing with my anger
- Feeling sad or depressed
- Feeling stressed, worried, or having anxious thoughts
- Saying no to drugs, alcohol, vaping, or tobacco
- Dealing with my friends' and/or family members' drug or alcohol use
- I don't need any help at this time

13. The following list contains common topics that students may need help with. Choose the area you need the **SECOND MOST** help with this year. *

- Making and maintaining friends
- Being teased or bullied
- LGBTQ+ resources
- Handling sadness over the death of a family member or friend
- Dealing with parental divorce or separation
- Dealing with my anger
- Feeling sad or depressed
- Feeling stressed, worried, or having anxious thoughts
- Saying no to drugs, alcohol, vaping, or tobacco
- Dealing with my friends' and/or family members' drug or alcohol use
- I don't need any help at this time
- Option 11

14. **ACADEMICS:** My **MOST** important need for academic support is (Choose one from below): *

- Time management, organization, and planning
- How to use technology (laptop, Teams, Skyward, email, etc.)
- Taking notes and study skills
- Taking tests and/or managing testing anxiety
- Getting help when I am struggling in a class
- I don't need any help at this time

15. ACADEMICS: My SECOND MOST important need for academic support is (Choose one from below): *

- Time management, organization, and planning
- How to use technology (laptop, Teams, Skyward, email, etc.)
- Taking notes and study skills
- Taking tests and/or managing testing anxiety
- Getting help when I am struggling in a class
- I don't need any help at this time

16. Counselors will be hosting FLEX TIME, what topics would you be interested in? (Optional question)

17. What other needs could the school counselors support you with? (Optional question)

18. What resources do you or your family need? (Optional question)

- Food resources
- Clothing resources
- School supplies
- Financial resources (sport and class fees)
- Mentorship
- Other

19. What is one thing you'd like your teachers to know about you this year? (Optional question and answers will be viewable by teachers)

20. I'd like to request an appointment with my school counselor.

- Yes, today or tomorrow
- Yes, in the next few days
- Yes, in the next few weeks
- Not at this time

This content is neither created nor endorsed by Microsoft. The data you submit will be sent to the form owner.

