



## Iowa City 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!

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

No Yes

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

No Yes

3. 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

4. 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

### Your Behavior

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

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

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

6. 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

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

Not at all clearly Slightly clearly Somewhat clearly Quite clearly Extremely clearly

8. 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

9. If you fail to reach an important goal, how likely are you to try again?

Not at all likely Slightly likely Somewhat likely Quite likely Extremely likely



10. How confident are you that you can choose an effective strategy to get your schoolwork done well?

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

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

11. How often did you come to class prepared?

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

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

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

14. How excited are you about going to your classes?

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

15. In your classes, how eager are you to participate?

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

16. When you are not in school, how often do you talk about ideas from your classes?

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

17. How important is it to you to do well in your classes?

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

18. How useful do you think school will be to you in the future?

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

**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 \_\_\_\_\_?

19. excited

Almost never

Once in a while

Sometimes

Frequently

Almost always

20. happy

Almost never

Once in a while

Sometimes

Frequently

Almost always

21. loved

Almost never

Once in a while

Sometimes

Frequently

Almost always

22. safe

Almost never

Once in a while

Sometimes

Frequently

Almost always

23. hopeful

Almost never

Once in a while

Sometimes

Frequently

Almost always

24. angry

Almost never

Once in a while

Sometimes

Frequently

Almost always

25. lonely

Almost never

Once in a while

Sometimes

Frequently

Almost always

26. sad

Almost never

Once in a while

Sometimes

Frequently

Almost always

27. worried

Almost never

Once in a while

Sometimes

Frequently

Almost always

28. frustrated

Almost never

Once in a while

Sometimes

Frequently

Almost always



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).

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

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

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

- Almost never       Once in a while       Sometimes       Frequently       Almost always

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

- Almost never       Once in a while       Sometimes       Frequently       Almost always

SAMPLE FORM