


# North Polk High School / Fall 2023 Survey

Fall 2023

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 Not shared



\* Indicates required question

## Classroom Effort \*

1. Overall, how much effort do you put forth in your classes?

- A great deal of effort
- Quite a bit of effort
- Some effort
- A little bit of effort
- Almost no effort



**Emotional Regulation**

\*

2. When you are feeling stressed out, how easily can you stay in control?

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

**Emotional Regulation**

\*

3. When things are not going your way, how often are you able to be positive?

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



**Emotional Regulation** \*

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

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

**Self Efficacy** \*

5. How confident are you to ask for help when you need it?

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



**Self Efficacy** \*

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

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

**Self Management** \*

7. During the past 30 days...how often were you able to manage your temper when frustrated?

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



**Self Management**

\*

8. During the past 30 days...how often did you exhibit respectful behavior when speaking to and listening to others?

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

**Self Management**

\*

9. During the past 30 days...How often did you pay attention and resist distractions?

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



**Self Management**

\*

10. During the past 30 days...How often were you prepared for class?

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

**Social Awareness**

\*

11. During the past 30 days...To what extent were you able to stand up for yourself appropriately?

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



**Social Awareness**

\*

12. During the past 30 days...When others disagreed with you, how respectful were you of their views?

- Extremely respectful
- Quite Respectful
- Somewhat respectful
- Slightly respectful
- Not at all respectful

**Social Awareness**

\*

13. During the past 30 days...How well did you get along with students who are different from you?

- Extremely well
- Quite well
- Somewhat well
- A little bit
- Did not get along at all



**Supportive Relationships**

\*

14. During the past 30 days...How much did you care about other people's feelings?

- A great deal of care
- Quite a bit of care
- Somewhat cared
- A little bit of care
- Did not care at all

**Supportive Relationships**

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15. Do you have a friend from school who you can count on to help you?

- Yes
- No

**Supportive Relationships**

\*

16. Do you have a family member or other adult outside of school who you can count on to help you?

- Yes
- No





**Supportive Relationships** \*

17. Do you have a teacher or other adult from school who you can count on to help you?

Yes

No

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