



SEL Survey 2024

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

Performance in School

Whether a person does well or poorly in school may depend on a lot of different things. You may feel that some of these things are easier for you to change than others. In school, how possible is it for you to change:

6. Being talented

- Not at all possible to change A little possible to change Somewhat possible to change Quite possible to change Completely possible to change

7. Putting forth a lot of effort

- Not at all possible to change A little possible to change Somewhat possible to change Quite possible to change Completely possible to change

8. Behaving well in class

- Not at all possible to change A little possible to change Somewhat possible to change Quite possible to change Completely possible to change



9. Liking the subject

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change

10. How easily you give up

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change

11. Your level of intelligence

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change

Your Behavior

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

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

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not carefully at all	Slightly carefully	Somewhat carefully	Quite carefully	Extremely carefully

13. How often did you come to class prepared?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almost never	Once in a while	Sometimes	Frequently	Almost all the time

14. How much did you care about other people's feelings?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Did not care at all	Cared a little bit	Cared somewhat	Cared quite a bit	Cared a tremendous amount

15. How often did you follow directions in class?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almost never	Once in a while	Sometimes	Frequently	Almost all the time

16. How well did you get along with students who are different from you?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Did not get along at all	Got along a little bit	Got along somewhat	Got along pretty well	Got along extremely well

17. How often did you get your work done right away, instead of waiting until the last minute?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almost never	Once in a while	Sometimes	Frequently	Almost all the time

18. How often were you polite to adults?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almost never	Once in a while	Sometimes	Frequently	Almost all the time



19. How often did you compliment others' accomplishments?

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

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

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

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

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

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

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

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

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

24. 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

25. 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

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

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

27. 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

28. How often were you polite to other students?

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

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

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



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?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almost never	Once in a while	Sometimes	Frequently	Almost always

32. When everybody around you gets angry, how relaxed can you stay?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almost never	Once in a while	Sometimes	Frequently	Almost always

34. Once you get upset, how often can you get yourself to relax?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almost never	Once in a while	Sometimes	Frequently	Almost always

35. When things go wrong for you, how calm are you able to remain?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not calm at all	Slightly calm	Somewhat calm	Quite calm	Extremely calm

Help From Other People

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

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

<input type="radio"/>	<input type="radio"/>
No	Yes

37. Do you have a family member or other adult outside of school who you can count on to help you, no matter what?

<input type="radio"/>	<input type="radio"/>
No	Yes

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

<input type="radio"/>	<input type="radio"/>
No	Yes

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

<input type="radio"/>	<input type="radio"/>
No	Yes



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

No

Yes

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

No

Yes

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

SAMPLE FORM