



## 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 Classes

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

1. How sure are you that you can complete all the schoolwork that is given to you?

- Not at all sure       A little sure       Somewhat sure       Very sure       Extremely sure

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

- Not at all sure       A little sure       Somewhat sure       Very sure       Extremely sure

3. How sure are you that you can learn all the subjects taught in your classes?

- Not at all sure       A little sure       Somewhat sure       Very sure       Extremely sure

4. How sure are you that you can do the hardest schoolwork that is given to you?

- Not at all sure       A little sure       Somewhat sure       Very sure       Extremely sure

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

- Not at all sure       A little sure       Somewhat sure       Very sure       Extremely sure

### Your Behavior

Please answer the following questions about how you respond to different situations.

6. During the past two weeks, how carefully did you listen to other people's opinions?

- Not carefully at all       A little carefully       Somewhat carefully       Very carefully       Extremely carefully

7. During the past two weeks, how often did you come to class prepared?

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

8. During the past two weeks, how much did you care about other people's feelings?

- Did not care at all       Cared a little bit       Cared somewhat       Cared a lot       Cared a huge amount

9. During the past two weeks, how often did you follow directions in class?

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



10. During the past two weeks, 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 well

Got along very well

Got along extremely well

11. During the past two weeks, how often did you get your work done right away, instead of waiting until the last minute?

Almost never

Once in a while

Sometimes

A lot of the time

Almost all the time

12. During the past two weeks, how often did you pay attention in class?

Almost never

Once in a while

Sometimes

A lot of the time

Almost all the time

13. During the past two weeks, how clearly were you able to describe your feelings?

Not at all clearly

A little clearly

Somewhat clearly

Very clearly

Extremely clearly

14. During the past two weeks, when you were working on your own, how often did you stay focused?

Almost never

Once in a while

Sometimes

A lot of the time

Almost all the time

15. During the past two weeks, when others did not agree with you, how respectful were you of their opinions?

Not at all respectful

A little respectful

Somewhat respectful

Very respectful

Extremely respectful

16. During the past two weeks, how much were you able to stand up for yourself without putting others down?

Not at all

A little bit

Somewhat

A lot

A huge amount

17. During the past two weeks, how often did you allow others to speak without interrupting them?

Almost never

Once in a while

Sometimes

A lot of the time

Almost all the time

18. During the past two weeks, how much were you able to disagree with others without starting an argument?

Not at all

A little bit

Somewhat

A lot

A huge amount

19. During the past two weeks, how often did you compliment others' accomplishments?

Almost never

Once in a while

Sometimes

A lot of the time

Almost all the time

### Feelings in General

In this section, we want to learn about how you experience emotions at school and in life.



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

- Almost never       Once in a while       Sometimes       A lot of the time       Almost always

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

- Almost never       Once in a while       Sometimes       A lot of the time       Almost always

22. When you get upset, how often can you get yourself to relax?

- Almost never       Once in a while       Sometimes       A lot of the time       Almost always

23. When things go wrong for you, how calm are you able to stay?

- Not calm at all       A little calm       Somewhat calm       Very calm       Extremely calm

24. When you get upset, how often do you stop to think before you act?

- Almost never       Once in a while       Sometimes       A lot of the time       Almost always

25. What accomplishments are you most proud of?

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26. What is one thing you wish your teacher knew about you?

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SAMPLE FORM