



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 compliment others' accomplishments?

Almost never

Once in a while

Sometimes

A lot of the time

Almost all the time

13. 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

14. 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

15. 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

16. 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

17. 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

18. 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

19. 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

Other Points of View

In this section, please tell us about how much, if at all, you think about your teachers' perspectives.



20. How hard do you try to understand your teachers' point of view?

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

21. During class, how hard do you try to understand what your teachers are feeling?

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

22. Overall, how much effort do you put into figuring out what your teachers are thinking?

- Almost no effort A small amount of effort Some effort Quite a bit of effort A tremendous amount of effort

23. How much effort have you put into figuring out what your teachers' goals are?

- Almost no effort A small amount of effort Some effort Quite a bit of effort A tremendous amount of effort

24. How much do you try to understand your teachers' motivation for doing different classroom activities?

- Not at all A little bit Somewhat Quite a bit A tremendous amount

25. When your teachers seem to be in a worse mood than usual, how hard do you try to understand the reasons why?

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

Feelings in General

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

26. 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

27. 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

28. 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

29. 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



30. 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

31. What accomplishments are you most proud of?

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

SAMPLE FORM