

# District SEL screener english

Each fall and spring, members of our student body will be surveyed about their feelings. The responses will help individual students if they need support and also help the Rye Neck MS/HS develop new programs. The questions below are asked to determine if you are having feelings so strong they affect your ability to find enjoyment or be successful in school. Please read and answer each question thoughtfully about how you have been feeling the last two weeks.

Responses are:

- 1 - not at all
- 2- several days, but less than half the days
- 3- more than half the days
- 4- nearly every day

Members of the building support team will review your private answers and connect with you if they have any other questions.

If you feel like you would like to speak to someone about your feelings, please let any of your teachers know and they will get you to the right person.

Thank you for taking the time to complete these questions.

\* Indicates required question

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1. Email \*

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2. Over the last two weeks, how often have you been bothered by feeling nervous, anxious, or on edge? \*

*Mark only one oval.*

1   2   3   4

not :     nearly every day

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3. Over the last two weeks, how often have you been bothered by not being able to stop or control your worrying? \*

Mark only one oval.

1 2 3 4

not :     nearly every day

4. Over the last two weeks, how often have you been bothered by worrying too much about different things? \*

Mark only one oval.

1 2 3 4

not :     Nearly every day

5. Over the last two weeks, how often have you been bothered by having trouble relaxing? \*

Mark only one oval.

1 2 3 4

not :     nearly every day

6. Over the last two weeks, how often have you been bothered by being so restless that it is hard to sit still? \*

Mark only one oval.

1 2 3 4

not :     nearly every day

7. Over the last two weeks, how often have you been bothered by becoming easily annoyed or irritable? \*

Mark only one oval.

1 2 3 4

not :     nearly every day

8. Over the last two weeks, how often have you been bothered by feeling afraid, as if something awful might happen? \*

Mark only one oval.

1 2 3 4

not :     nearly every day

9. Over the last two weeks, how often have you been bothered by little interest or pleasure in doing things? \*

Mark only one oval.

1 2 3 4

not :     nearly every day

10. Over the last two weeks, how often have you been bothered by feeling down, depressed, or hopeless? \*

Mark only one oval.

1 2 3 4

not :     nearly every day

11. Over the last two weeks, how often have you been bothered by trouble falling asleep, staying asleep, or sleeping too much? \*

*Mark only one oval.*

1 2 3 4

not :     nearly every day

12. Over the last two weeks, how often have you been bothered by feeling tired or having little energy? \*

*Mark only one oval.*

1 2 3 4

not :     nearly every day

13. Over the last two weeks, how often have you been bothered by poor appetite or overeating? \*

*Mark only one oval.*

1 2 3 4

not :     nearly every day

14. Over the last two weeks, how often have you been bothered by feeling bad about yourself - or that you are a failure or have let yourself or your family down? \*

*Mark only one oval.*

1 2 3 4

not :     nearly every day

15. Over the last two weeks, how often have you been bothered by trouble concentrating on things, such as watching TV? \*

Mark only one oval.

1 2 3 4

not :     nearly every day

16. Over the last two weeks, how often have you been bothered by moving or speaking so slowly that other people could have noticed. Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual? \*

Mark only one oval.

1 2 3 4

not :     nearly every day

17. Over the last two weeks, how often have you been bothered by thoughts that you would be better off dead or of hurting yourself? \*

Mark only one oval.

1 2 3 4

not :     nearly every day

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