



Fall / Spring Survey 1

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!

Goals and Challenges

In this section, we would like for you to think about your overall learning experiences at school and in life.

1. How often do you stay focused on the same goal for several months at a time?

- Almost never Once in a while Sometimes Frequently Almost always

2. If you fail to reach an important goal, how likely are you to try again?

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

3. When you are working on a project that matters a lot to you, how focused can you stay when there are lots of distractions?

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

4. If you have a problem while working towards an important goal, how well can you keep working?

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

5. Some people pursue some of their goals for a long time, and others change their goals frequently. Over the next several years, how likely are you to continue to pursue one of your current goals?

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

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).

6. When you are feeling pressured, how easily can you stay in control?

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

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

- Almost never Once in a while Sometimes Frequently Almost always

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

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



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

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

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.

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

No

Yes

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

No

Yes

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

No

Yes

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

No

Yes

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

No

Yes

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

No

Yes

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

Fall / Spring SEL Survey 1 Grades 6-12