



## 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 more than 3 months at a time?

- Almost never       Once in a while       Sometimes       Frequently       Almost always

2. If you fail at 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

### 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).

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

- Almost never       Once in a while       Sometimes       Frequently       Almost always

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

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

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

- Almost never       Once in a while       Sometimes       Frequently       Almost always

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

- Almost never       Once in a while       Sometimes       Frequently       Almost always



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

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.

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

No

Yes

11. 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

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

No

Yes

13. What can teachers or other adults at school do to better help you?

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Fall / Spring SEL Survey 1 Grades 4-5

SAMPLE FORM