



## Fall 2025-2026-Student Competency & Well-Being

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 Class

Please tell us about how you feel about your current class.

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

### Your Behavior

Please answer the following questions about how you respond to different situations. Since the beginning of the school year...

4. 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

5. 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

6. 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

7. How often did you get your work done on time?

- Almost never       Once in a while       Sometimes       Frequently       Almost all the time

8. How often did you pay attention in class?

- Almost never       Once in a while       Sometimes       Frequently       Almost all the time



9. How often were you able to name how you were feeling?

- Almost never       Once in a while       Sometimes       Frequently       Almost all the time

10. When you were working on your own, how often did you stay on task?

- Almost never       Once in a while       Sometimes       Frequently       Almost all the time

11. How often did you remain calm, even when someone was bothering you or saying bad things?

- Almost never       Once in a while       Sometimes       Frequently       Almost all the time

12. 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

13. Were you able to disagree with others without starting an argument?

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

14. How often did you keep your temper under control?

- Almost never       Once in a while       Sometimes       Frequently       Almost all the time

### 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).

15. When everybody around you gets angry, how calm can you stay?

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

16. How often are you able to control your behaviors when you feel strong emotions?

- Almost never       Once in a while       Sometimes       Frequently       Almost always

17. Once you get upset, how often can you calm yourself?

- Almost never       Once in a while       Sometimes       Frequently       Almost always

18. 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



### Your Feelings

These questions ask about how you've been feeling recently. Please respond honestly—there are no right or wrong answers because there are no right or wrong feelings! Your answers will help us better support you and other students, and will not affect your grades or show up on your report card. You can skip any question you don't feel comfortable answering.

During the past week, how often did you feel \_\_\_\_\_?

19. excited

- Almost never       Once in a while       Sometimes       Frequently       Almost always

20. happy

- Almost never       Once in a while       Sometimes       Frequently       Almost always

21. loved

- Almost never       Once in a while       Sometimes       Frequently       Almost always

22. safe

- Almost never       Once in a while       Sometimes       Frequently       Almost always

23. mad

- Almost never       Once in a while       Sometimes       Frequently       Almost always

24. lonely

- Almost never       Once in a while       Sometimes       Frequently       Almost always

25. sad

- Almost never       Once in a while       Sometimes       Frequently       Almost always

26. worried

- Almost never       Once in a while       Sometimes       Frequently       Almost always

### Help From Other People

In this section, tell us about how other people help you.

27. Do you have a teacher or other adult from school who you can trust to help you?

- No       Yes



28. Do you have an adult family member or other adult outside of school who you can trust to help you?

No

Yes

### Feelings About Being at School

In this section, we would like to understand how you feel about your school.

29. Overall, how much do you feel like you belong at your school?

Do not belong at all

Belong a little bit

Belong somewhat

Belong quite a bit

Completely belong

30. If you walked into class upset, how much does your teacher show you that they care about you?

Did not care at all

Cared a little bit

Cared somewhat

Cared quite a bit

Cared a tremendous amount

31. When your teacher asks, "how you are you?", how often do you feel that your teacher really wants to know your answer?

Almost never

Once in a while

Sometimes

Frequently

Almost always