



## 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 Current 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

### Your Behavior

Please answer the following questions about how you respond to different situations. During the past 30 days...

4. 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

5. 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

6. 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

7. 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

8. 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



9. 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

10. 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

11. 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

12. 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

13. 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

14. 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

15. 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

16. How often were you polite to other students?

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

17. How often did you keep your temper in check?

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

### Feelings in General

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

18. 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

19. 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



20. 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

21. 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

22. 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

### 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 \_\_\_\_\_?

23. excited

- Almost never       Once in a while       Sometimes       Frequently       Almost always

24. happy

- Almost never       Once in a while       Sometimes       Frequently       Almost always

25. loved

- Almost never       Once in a while       Sometimes       Frequently       Almost always

26. safe

- Almost never       Once in a while       Sometimes       Frequently       Almost always

27. hopeful

- Almost never       Once in a while       Sometimes       Frequently       Almost always

28. angry

- Almost never       Once in a while       Sometimes       Frequently       Almost always

29. lonely

- Almost never       Once in a while       Sometimes       Frequently       Almost always



30. sad

- Almost never       Once in a while       Sometimes       Frequently       Almost always

31. worried

- Almost never       Once in a while       Sometimes       Frequently       Almost always

32. frustrated

- 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.

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

- No       Yes

34. 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

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

- No       Yes

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

- No       Yes

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

- No       Yes

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

- No       Yes

### Feelings About Being at School

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

39. 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