



## Student Competencies Survey

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. If you fail at something that is important to you, how likely are you to try again?

- Not at all likely       A little likely       Somewhat likely       Very likely       Extremely likely

2. How well can you keep working to reach your goals if problems come up?

- Not well at all       A little well       Somewhat well       Very well       Extremely well

3. When you are working on something that matters to you and there are distractions, how focused can you stay?

- Not at all focused       A little focused       Somewhat focused       Very focused       Extremely focused

4. How often do you get your work done, even when you don't feel like doing it?

- Almost never       Once in a while       Sometimes       A lot of the time       Almost all the time

5. How hard do you work to keep your promises, even if they are hard to keep?

- Not hard at all       A little hard       Somewhat hard       Very hard       Extremely hard

### Your Classes

Please tell us about how you feel about your current teachers and classes.

6. 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

7. How sure are you that you will remember what you learned in your current classes, next year?

- Not at all sure       A little sure       Somewhat sure       Very sure       Extremely sure

8. 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

9. How sure are you that you can do the hardest schoolwork that is given to you?

- Not at all sure       A little sure       Somewhat sure       Very sure       Extremely sure



10. 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

### Feelings in General

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

11. 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

12. 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

13. 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

14. 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

15. 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

### Help From Other People

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

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

- No       Yes

17. 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

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

- No       Yes

19. How often do you worry about what other students think of you?

- Almost never       Once in a while       Sometimes       Frequently       Almost always



20. How often do you worry about things outside of school?

- Almost never       Once in a while       Sometimes       Frequently       Almost always

E+R=O

21. When an event happens to you, how often do you remember to "press pause?"

- Never       Almost never       Sometimes       Almost Always       Always

22. How often are you able to change a negative thought into a productive and positive thought?

- Never       Almost never       Sometimes       Almost Always       Always

23. In school, how much do your responses to events impact others?

- Never       Almost never       Sometimes       Almost Always       Always

SAMPLE FORM