



Student Voice and Supports*

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

6. How much can you increase the effort you give in school?

- Can't increase at all
 Can increase a little
 Can increase some
 Can increase a lot
 Can increase a huge amount

7. How much can you improve your behavior in school?

- Can't improve at all
 Can improve a little
 Can improve some
 Can improve a lot
 Can improve a huge amount

8. How much can you increase how smart you are?

- Can't increase at all
 Can increase a little
 Can increase some
 Can increase a lot
 Can increase a huge amount

9. When you make a mistake on your schoolwork, how often do you ask your teacher for ways you can do better next time?

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



Your Behavior

Please answer the following questions about how you respond to different situations.

10. During the past two weeks, how carefully did you listen to other people's opinions?

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

11. 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

12. During the past two weeks, how often did you compliment others' accomplishments?

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

13. 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

14. 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

15. 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

16. During the past two weeks, how much were you able to stand up for yourself without putting others down?

- Not at all A little bit Somewhat A lot A huge amount

17. 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

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. angry

- 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

27. 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.

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

- No Yes



29. 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

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

No Yes

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

No Yes

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

No Yes

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

No Yes

For the following questions, we are interested in learning more about how you think about your school. Please give us your honest opinions so that we can better understand your experience and work to make the school a better place.

1 Your Classes

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

34. How respectful are your teachers towards you?

Not at all respectful A little respectful Somewhat respectful Very respectful Extremely respectful

35. If you were upset when you came into class, how concerned would your teachers be?

Not at all concerned A little concerned Somewhat concerned Very concerned Extremely concerned

36. When your teachers ask, "How are you?", how often do you feel they really want to know your answer?

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

37. How excited would you be if you could have your same teachers in the next grade too?

Not at all excited A little excited Somewhat excited Very excited Extremely excited

Feelings About Being at School

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



38. How well do people at your school understand the kind of person you are?

- Do not understand at all Understand a little Understand somewhat Understand mostly Completely understand

39. How much support do the adults at your school give you?

- No support at all A little bit of support Some support A lot of support A huge amount of support

40. How much respect do students at your school show you?

- No respect at all A little bit of respect Some respect A lot of respect A huge amount of respect

41. When you are at school, how much do you feel like you belong?

- Do not belong at all Belong a little bit Belong somewhat Mostly belong Completely belong

42. How often are people disrespectful to others at your school?

- Almost never Once in a while Sometimes Frequently Almost always

43. How often do students get into physical fights at your school?

- Almost never Once in a while Sometimes Frequently Almost always

44. How likely is it that someone from your school will bully you online?

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

45. How often do you worry about violence at your school?

- Almost never Once in a while Sometimes Frequently Almost always

46. At your school, how unfairly do the adults treat the students?

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

47. If a student is bullied in school, how difficult is it for him/her to get help from an adult?

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

Perceptions of Classes

In this section, we would like to know about your experience in your classes.

48. How excited are you about going to your classes?

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



49. How focused are you on the activities in your classes?

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

50. How interested are you in your classes?

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

51. In your classes, how excited are you to participate?

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

52. When you are not in school, how often do you talk about ideas from your classes?

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

Your Teachers

Please tell us about how much your teachers encourage you to do your best.

53. How much do your teachers encourage you to do your best?

- Do not encourage me at all Encourage me a little Encourage me some Encourage me a lot Encourage me a huge amount

54. How often do your teachers ask you to explain your answers?

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

55. How often do your teachers take time to make sure you understand your schoolwork?

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

56. How high are your teachers' expectations of you?

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

57. When you feel like giving up, how likely is it that your teachers will ask you to keep trying?

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

Perceptions of School

In this section, please give us your opinions about this school in general so that we can better understand your experiences.



58. How positive or negative is the mood at your school?

- Very negative Somewhat negative A little negative Not negative or positive A little positive Somewhat positive Very positive

59. How well do students follow the rules of your school?

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

60. How clean is the building where you go to school?

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

61. How fair are the rules at this school?

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

62. How often do your teachers seem excited to be teaching your classes?

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

SAMPLE FORM