



Team Peace
Applied Educational Neuroscience Program
Entry Survey

Name (First and Last): _____

Date: _____

Directions

- 1. Only write your name on this page. Tear this front page off.**
- 2. You may use this sheet to cover your answers as you complete the survey.**
- 3. Return this page to your teacher to place in the envelope labeled “Tear Sheet.”**
- 4. Turn your survey in separately to the envelope labeled “Survey”.**
- 5. Your name will not be connected to your data.**

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Team Peace School-Based Study

Student Entry Survey

Grades 2-8

Thank you for your help with this important study. We want to know how you help yourself focus and manage reactions, and how you experience school at the beginning of the school year. We will check back at the end of the school year to see whether things have changed after being in school this year. There are no right or wrong answers. Please just answer honestly.

Your name will not be on the survey, and your responses will remain private to the extent permitted by law. We want you to know that:

- 1. Your participation in this survey is voluntary. If you do not want to participate, do not complete the survey.**
- 2. We hope that you answer all the questions, but you may skip any questions you do not wish to answer.**
- 3. The answers you give will be kept private to the extent permitted by law.**



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Student Entry Survey Administered at the Start of School Year**Demographics**

First, we need to know a little bit about you.

1. Who is your teacher? (*Mark only one*). [will create options for each school]

2. In what month is your birthday? (*Circle only one answer*)

January	April	July	October
February	May	August	November
March	June	September	December

3. In what year were you born? (*Circle only one answer*)

2011	2014	2017	2020
2012	2015	2018	2021
2013	2016	2019	

4. How old are you? (*Circle only one answer*)

a. 6	f. 11
b. 7	g. 12
c. 8	h. 13
d. 9	i. 14
e. 10	

5. What grade are you in?

a. 2 nd	e. 6 th
b. 3 rd	f. 7 th
c. 4 th	g. 8 th
d. 5 th	

6. Are you a boy or a girl? *Mark only one answer.*

- a. Girl (female)
- b. Boy (male)
- c. I don't want to answer this question.

7. Have you ever done a program with *Team Peace* at school before?

- a. Yes
- b. No
- c. I don't know

8. Have you ever attended a *Team Peace* camp or other out-of-school program?

- a. Yes
- b. No
- c. I don't know

Mind and body

This set of questions asks you about how your body feels when your emotions feel a certain way. There are no wrong answers. For each question, please answer on a scale from 1 to 5, where 1 = Never and 5 = Always.

9. When I am nervous, I can tell where in my body the feelings come from.

1	2	3	4	5
Never				Always

10. I can tell when I am uncomfortable in my body.

1	2	3	4	5
Never				Always

11. I can focus on how I breathe without thinking about anything else.

1	2	3	4	5
Never				Always

12. I can return my focus from thinking about things to feeling in my body.

1	2	3	4	5
Never				Always

13. I can feel how my body changes when I am angry.

1	2	3	4	5
Never				Always

14. I can feel how my body changes when I am happy.

1	2	3	4	5
Never				Always

15. I can feel calm even when there is a lot going on.

1	2	3	4	5
Never				Always

16. When I focus on how I feel in my body, I calm down

1	2	3	4	5
Never				Always

18. I can use my breath to help me calm down and relax.

1	2	3	4	5
Never				Always

19. When I am thinking too much, I can calm down my mind by focusing on my body/breathing.

1	2	3	4	5
Never				Always

20. I listen for clues from my body about my emotions.

1	2	3	4	5
Never				Always

21. When I am upset, I take time to check how my body feels.

1	2	3	4	5
Never				Always

22. What helps you make good choices in your brain?

- a. The Amygdala
- b. The Prefrontal Cortex (PFC)
- c. The Insula
- d. I don't know

23. What part of your brain helps you notice your body and feelings?

- a. The Amygdala
- b. The Prefrontal Cortex (PFC)
- c. The Insula
- d. I don't know

About your school

Now we'd like to know a little bit about your school and your experiences with adults and kids there. There are no wrong answers.

School Climate							
24. How fair are the rules at this school?	Not Fair at all	A little fair	Somewhat fair	Very Fair	Extremely Fair		
25. How positive or negative is the mood in this school?	Very negative	Somewhat negative	A little negative	Not negative or Positive	A little positive	Somewhat positive	Very positive
26. How well do students follow the rules of this school?	Not well at all	A little well	Somewhat well	Very well	Extremely well		

School Teacher-Student Relationships						
27. If you were upset when you came into class, how concerned would your teachers be?	Not at all concerned	Slightly concerned	Somewhat concerned	Very concerned	Extremely concerned	
28. 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	
29. I have friends I can trust.	A lot of friends I can trust.	Some friends I can trust.	A few friends I can trust.	I don't really have friends I can trust.	I do not have any friends I can trust.	

School Engagement					
30. How focused are you on the activities at school?	Not at all focused	A little focused	Somewhat focused	Very focused	Extremely focused
31. How interested are you in school?	Not at all interested	Slightly interested	Somewhat interested	Very interested	Extremely interested

School Atmosphere					
32. 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
33. How much support do the adults in your school give you?	No support at all	A little bit of support	Some support	A lot of support	A huge amount of support
34. 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

You

Now we have some questions about what you think and do. Please answer honestly. There are no right or wrong answers.

Resilience						
35. 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	
36. If you fail at something important to you, how likely are you to try again?	Not at all likely	A little likely	Somewhat likely	Very likely	Extremely likely	
37. I like to help people with their problems.	Strongly agree	Agree	Mostly agree	Mostly disagree	Disagree	Strongly disagree
38. I try to understand the world I live in.	Strongly agree	Agree	Mostly agree	Mostly disagree	Disagree	Strongly disagree
39. I react to things so quickly that I get in trouble.	Strongly agree	Agree	Mostly agree	Mostly disagree	Disagree	Strongly disagree
40. I have more good times than bad times.	Strongly agree	Agree	Mostly agree	Mostly disagree	Disagree	Strongly disagree
41. I trust other people.	Strongly agree	Agree	Mostly agree	Mostly disagree	Disagree	Strongly disagree

Growth Mindset						
42. I can always improve my abilities by working hard	Strongly agree	Agree	Mostly agree	Mostly disagree	Disagree	Strongly disagree
43. I learn from my mistakes.	Strongly agree	Agree	Mostly agree	Mostly disagree	Disagree	Strongly disagree
44. Challenges help me become stronger and smarter.	Strongly agree	Agree	Mostly agree	Mostly disagree	Disagree	Strongly disagree
45. When I struggle with something, it helps me learn.	Strongly agree	Agree	Mostly agree	Mostly disagree	Disagree	Strongly disagree
46. My abilities can grow over time.	Strongly agree	Agree	Mostly agree	Mostly disagree	Disagree	Strongly disagree

Thank you so much for sharing with us. Have a great school year!