



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. Turn this page into the box labeled “Tear Sheet.”**
- 4. Turn your survey in separately to the box 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. In what month is your birthday? *(Circle only one answer)*

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

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

2011	2014	2017	2020
2012	2015	2018	2021
2013	2016	2019	

3. 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	

4. 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	

5. 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.

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

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

7. 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.

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

1	2	3	4	5
Never				Always

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

1	2	3	4	5
Never				Always

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

1	2	3	4	5
Never				Always

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

1	2	3	4	5
Never				Always

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

1	2	3	4	5
Never				Always

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

1	2	3	4	5
Never				Always

14. 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

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

1	2	3	4	5
Never				Always

5

Always

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							
17. 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

School Atmosphere					
18. 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
19. 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
20. 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

Student Relationships					
21. 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					
22. How focused are you on the activities at school?	Not at all focused	A little focused	Somewhat focused	Very focused	Extremely focused
23. How interested are you in school?	Not at all interested	Slightly interested	Somewhat interested	Very interested	Extremely interested

You

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

Resilience						
24. 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	
25. 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	
26. I like to help people with their problems.	Strongly agree	Agree	Mostly agree	Mostly disagree	Disagree	Strongly disagree
27. I react to things so quickly that I get in trouble.	Strongly agree	Agree	Mostly agree	Mostly disagree	Disagree	Strongly disagree
28. I have more good times than bad times.	Strongly agree	Agree	Mostly agree	Mostly disagree	Disagree	Strongly disagree
29. I trust other people.	Strongly agree	Agree	Mostly agree	Mostly disagree	Disagree	Strongly disagree

Growth Mindset						
30. I can always improve my abilities by working hard	Strongly agree	Agree	Mostly agree	Mostly disagree	Disagree	Strongly disagree
31. I learn from my mistakes.	Strongly agree	Agree	Mostly agree	Mostly disagree	Disagree	Strongly disagree
32. Challenges help me become stronger and smarter.	Strongly agree	Agree	Mostly agree	Mostly disagree	Disagree	Strongly disagree
33. When I struggle with something, it helps me learn.	Strongly agree	Agree	Mostly agree	Mostly disagree	Disagree	Strongly disagree
34. 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!