Fall 2026: Student Competencies & 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!

Your 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

4. 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

5. 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

Effort

Please tell us about the level of effort you are putting into your class.

6. How hard do you try to get involved in discussions during class?

Not hard at all | Slightly hard | Somewhat hard | Quite hard | Extremely hard

7. When your teacher is speaking, how hard do you try to pay attention?

Not hard at all | Slightly hard | Somewhat hard | Quite hard | Extremely hard

8.How much effort do you put into your homework for this class?

Almost no effort | A little bit of effort | Some effort | Quite a bit of effort | A tremendous amount of effort

9. Overall, how hard do you try in class?

Not hard at all | Slightly hard | Somewhat hard | Quite hard | Extremely hard

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10.How much effort do you put into learning all the material for this class?

Almost no effort	A little bit of effort	Some effort	Quite a bit of effort	A tremendous amount of effort
◯	◯	◯	◯	◯

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
◯	◯	◯	◯	◯

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 _____?

16. excited

Almost never	Once in a while	Sometimes	Frequently	Almost always
◯	◯	◯	◯	◯

17. happy

Almost never	Once in a while	Sometimes	Frequently	Almost always
◯	◯	◯	◯	◯

18. loved

Almost never	Once in a while	Sometimes	Frequently	Almost always
◯	◯	◯	◯	◯

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19. safe

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.

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

No	Yes
◯	◯

21. 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
◯	◯

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

No	Yes
◯	◯

Feelings About Being at School

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

23. 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
◯	◯	◯	◯	◯

24. 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
◯	◯	◯	◯	◯

25. 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
◯	◯	◯	◯	◯

26. 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
◯	◯	◯	◯	◯

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Feelings About School

Please let us know what you think about school in general.

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27. How interesting do you find the things you learn in school?

Not at all interesting	Slightly interesting	Somewhat interesting	Quite interesting	Extremely interesting
◯	◯	◯	◯	◯

28. How often do you use ideas from school in your daily life?

Almost never	Once in a while	Sometimes	Frequently	Almost always
◯	◯	◯	◯	◯

29. How important is it to you to do well in school?

Not at all important	Slightly important	Somewhat important	Quite important	Extremely important
◯	◯	◯	◯	◯

30. How useful do you think school will be to you in the future?

Not at all useful	Slightly useful	Somewhat useful	Quite useful	Extremely useful
◯	◯	◯	◯	◯

Technology and AI

31. School is helping me learn how to work with technology.

Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly agree
◯	◯	◯	◯	◯

32. School is helping me learn how to work with artificial intelligence.

Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly agree
◯	◯	◯	◯	◯

SAMPLE FORM