3rd, 4th and 5th Grade SEL Screener

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!

1. **1. Goals and Challenges:** When you make a mistake on your schoolwork, how often do you ask your teacher for ways you can do better next time? *

   Mark only one oval.

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

Your Classes

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

2. **2. Your Classes:** How sure are you that you can complete all the schoolwork that is given to you? *

   Mark only one oval.

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

3. **3. Your Classes:** How sure are you that you can do the hardest schoolwork that is given to you? *

Mark only one oval.

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

4. **4. Your Classes:** When complicated ideas are discussed in class, how sure are you that you can understand them? *

Mark only one oval.

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

Your Behavior

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

5. **5. Your Behavior:** During the past two weeks, how often did you allow others to speak without interrupting them? *

Mark only one oval.

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

6. **6. Your Behavior:** During the past two weeks, how often did you come to class prepared? *

Mark only one oval.

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

7. **7. Your Behavior:** During the past two weeks, how often did you follow directions in class? *

Mark only one oval.

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

8. **8. Your Behavior:** During the past two weeks, how often did you get your work done right away, instead of waiting until the last minute? *

Mark only one oval.

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

9. **9. Your Behavior:** During the past two weeks, how often did you pay attention in class? *

Mark only one oval.

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

10. **10. Your Behavior:** During the past two weeks, when you were working on your own, how often did you stay focused? *

Mark only one oval.

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

11. **11. Your Behavior:** During the past two weeks, how carefully did you listen to other people's opinions? *

Mark only one oval.

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

12. **12. Your Behavior:** During the past two weeks, how much did you care about other people's feelings? *

Mark only one oval.

- Cared a huge amount
- Cared a lot
- Cared somewhat
- Cared a little bit
- Did not care at all

13. **13. Your Behavior:** During the past two weeks, how often did you compliment others' accomplishments? *

Mark only one oval.

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

14. **14. Your Behavior:** During the past two weeks, how well did you get along with students who are different from you? *

Mark only one oval.

- Got along extremely well
- Got along very well
- Got along somewhat well
- Got along a little bit
- Did not get along at all

15. **15. Your Behavior:** During the past two weeks, how clearly were you able to describe your feelings? *

Mark only one oval.

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

16. **16. Your Behavior:** During the past two weeks, when others did not agree with you, how respectful were you of their opinions? *

Mark only one oval.

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

17. **17. Your Behavior:** During the past two weeks, how much were you able to stand up for yourself without putting others down? *

Mark only one oval.

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

18. **18. Your Behavior:** During the past two weeks, how much were you able to disagree with others without starting an argument? *

Mark only one oval.

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

Feelings in General

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

19. **19. Feelings in General:** How often are you able to pull yourself out of a bad mood? *

Mark only one oval.

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

20. **20. Feelings in General:** How often are you able to control your emotions when you need to? *

Mark only one oval.

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

21. **21. Feelings in General:** When you get upset, how often can you get yourself to relax? *

Mark only one oval.

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

22. **22. Feelings in General:** When things go wrong for you, how calm are you able to stay? *

Mark only one oval.

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

23. **23. Feelings in General:** When you get upset, how often do you stop to think before you act? *

Mark only one oval.

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

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.

24. **24. Your Feelings:** During the past week, how often did you feel excited? *

Mark only one oval.

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

25. **25. Your Feelings:** During the past week, how often did you feel happy? *

Mark only one oval.

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

26. **26. Your Feelings:** During the past week, how often did you feel loved? *

Mark only one oval.

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

27. **27. Your Feelings:** During the past week, how often did you feel safe? *

Mark only one oval.

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

28. **28. Your Feelings:** During the past week, how often did you feel mad? *

Mark only one oval.

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

29. **29. Your Feelings:** During the past week, how often did you feel lonely? *

Mark only one oval.

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

30. **30. Your Feelings:** During the past week, how often did you feel sad? *

Mark only one oval.

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

31. **31. Your Feelings:** During the past week, how often did you feel worried? *

Mark only one oval.

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

32. **32.** Thinking about everything in your life right now, what makes you feel happiest? *

33. **33.** Thinking about everything in your life right now, what feels the hardest for you? *

Help From Other People

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

34. **34. Help from Other People:** Do you have a teacher or other adult from school who you can count on to help you, no matter what? *

Mark only one oval.

- Yes
- No

35. **35. Help from Other People:** Do you have a family member or other adult outside of school who you can count on to help you, no matter what? *

Mark only one oval.

- Yes
- No

36. **36. Help from Other People:** Do you have a friend from school who you can count on to help you, no matter what? *

Mark only one oval.

- ◯ Yes
- ◯ No

37. **37. Help from Other People:** What can teachers or other adults at school do to better help you? *