



Student SEL

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 Class

Please tell us about how you feel about your current class.

1. How sure are you that you can complete all the work that is assigned in your class?

Not at all sure

Slightly sure

Somewhat sure

Quite sure

Extremely sure

2. When complicated ideas are discussed in class, how sure are you that you can understand them?

Not at all sure

Slightly sure

Somewhat sure

Quite sure

Extremely sure

3. How sure are you that you can learn all the topics taught in your class?

Not at all sure

Slightly sure

Somewhat sure

Quite sure

Extremely sure

4. How sure are you that you can do the hardest work that is assigned in your class?

Not at all sure

Slightly sure

Somewhat sure

Quite sure

Extremely sure

5. How sure are you that you will remember what you learned in your current class, next year?

Not at all sure

Slightly sure

Somewhat sure

Quite sure

Extremely sure

Performance in School

Whether a person does well or poorly in school may depend on a lot of different things. You may feel that some of these things are easier for you to change than others. **In school, how possible is it for you to change:**

6. Being talented

Not at all possible to change

A little possible to change

Somewhat possible to change

Quite possible to change

Completely possible to change

7. Giving a lot of effort

Not at all possible to change

A little possible to change

Somewhat possible to change

Quite possible to change

Completely possible to change

8. Behaving well in class

Not at all possible to change

A little possible to change

Somewhat possible to change

Quite possible to change

Completely possible to change



9. Liking the subjects you are studying

Not at all possible to change

A little possible to change

Somewhat possible to change

Quite possible to change

Completely possible to change

10. How easily you give up

Not at all possible to change

A little possible to change

Somewhat possible to change

Quite possible to change

Completely possible to change

11. Your level of intelligence

Not at all possible to change

A little possible to change

Somewhat possible to change

Quite possible to change

Completely possible to change

Your Behavior

Please answer the following questions about how you respond to different situations. During the past 30 days...

12. How often were you polite to adults?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

13. How carefully did you listen to other people's points of view?

Not carefully at all

Slightly carefully

Somewhat carefully

Quite carefully

Extremely carefully

14. How often did you come to class prepared?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

15. How much did you care about other people's feelings?

Did not care at all

Cared a little bit

Cared somewhat

Cared quite a bit

Cared a tremendous amount

16. How often did you follow directions in class?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

17. 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

Got along pretty well

Got along extremely well

18. How often did you get your work done right away, instead of waiting until the last minute?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time



19. How often did you pay attention and ignore distractions?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

20. How clearly were you able to describe your feelings?

Not at all clearly

Slightly clearly

Somewhat clearly

Quite clearly

Extremely clearly

21. When you were working independently, how often did you stay focused?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

22. When others disagreed with you, how respectful were you of their views?

Not at all respectful

Slightly respectful

Somewhat respectful

Quite respectful

Extremely respectful

23. How often did you remain calm, even when someone was bothering you or saying bad things?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

24. To what extent were you able to stand up for yourself without putting others down?

Not at all

A little bit

Somewhat

Quite a bit

A tremendous amount

25. How often did you allow others to speak without interrupting them?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

26. To what extent were you able to disagree with others without starting an argument?

Not at all

A little bit

Somewhat

Quite a bit

A tremendous amount

27. How often were you polite to other students?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

28. How often did you compliment others' accomplishments?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

29. How often did you keep your temper under control?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time



Feelings in General

In this section, we are hoping to learn how you experience different emotions that may occur in your life (whether inside or outside of school).

30. How often are you able to pull yourself out of a bad mood?

Almost never

Once in a while

Sometimes

Frequently

Almost always

31. When everybody around you gets angry, how relaxed can you stay?

Not relaxed at all

Slightly relaxed

Somewhat relaxed

Quite relaxed

Extremely relaxed

32. How often are you able to control your emotions when you need to?

Almost never

Once in a while

Sometimes

Frequently

Almost always

33. Once you get upset, how often can you get yourself to relax?

Almost never

Once in a while

Sometimes

Frequently

Almost always

34. When things go wrong for you, how calm are you able to stay?

Not calm at all

Slightly calm

Somewhat calm

Quite calm

Extremely calm