



Student SEL about Supports and Environments

For the following questions, we are interested in learning more about how you think about your school. Please give us your honest opinions so that we can better understand your experience and work to make the school a better place.

Feelings About Being at School

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

1. How often are people disrespectful to others at your school?

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

2. How well do people at your school understand you as a person?

- Do not understand at all
 Understand a little
 Understand somewhat
 Understand quite a bit
 Completely understand

3. How often do students get into physical fights at your school?

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

4. How much support do the adults at your school give you?

- No support at all
 A little bit of support
 Some support
 Quite a bit of support
 A tremendous amount of support

5. How likely is it that someone from your school will bully you online?

- Not at all likely
 Slightly likely
 Somewhat likely
 Quite likely
 Extremely likely

6. How much respect do students at your school show you?

- No respect at all
 A little bit of respect
 Some respect
 Quite a bit of respect
 A tremendous amount of respect

7. How often do you worry about violence at your school?

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

8. Overall, how much do you feel like you belong at your school?

- Do not belong at all
 Belong a little bit
 Belong somewhat
 Belong quite a bit
 Completely belong

9. If a student is bullied in school, how difficult is it for him/her to get help from an adult?

- Not at all difficult
 Slightly difficult
 Somewhat difficult
 Quite difficult
 Extremely difficult



Student SEL Competencies

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?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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

- | | | | | |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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

- | | | | | |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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

- | | | | | |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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

- | | | | | |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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 carefully did you listen to other people's points of view?

- Not carefully at all
 Slightly carefully
 Somewhat carefully
 Quite carefully
 Extremely carefully

13. 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

14. 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

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

- Not at all clearly
 Slightly clearly
 Somewhat clearly
 Quite clearly
 Extremely clearly

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

- Not at all respectful
 Slightly respectful
 Somewhat respectful
 Quite respectful
 Extremely respectful

17. 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

18. 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

19. How often did you compliment others' accomplishments?

- 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).

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

- Almost never Once in a while Sometimes Frequently Almost always

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

- Not relaxed at all Slightly relaxed Somewhat relaxed Quite relaxed Extremely relaxed

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

- Almost never Once in a while Sometimes Frequently Almost always

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

- Almost never Once in a while Sometimes Frequently Almost always

24. 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