



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 connected do you feel to the adults at your school?

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

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 in 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. How much do you matter to others at this school?

- Do not matter at all
 Matter a little bit
 Matter somewhat
 Matter quite a bit
 Matter a tremendous amount

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

10. 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



11. At your school, how unfairly do the adults treat the students?

Not at all unfairly

Slightly unfairly

Somewhat unfairly

Quite unfairly

Extremely unfairly



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 Current Classes

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

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

Not at all confident

Slightly confident

Somewhat confident

Quite confident

Extremely confident

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

Not at all confident

Slightly confident

Somewhat confident

Quite confident

Extremely confident

3. How confident are you that you can learn all the material presented in your classes?

Not at all confident

Slightly confident

Somewhat confident

Quite confident

Extremely confident

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

Not at all confident

Slightly confident

Somewhat confident

Quite confident

Extremely confident

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

Not at all confident

Slightly confident

Somewhat confident

Quite confident

Extremely confident

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. Putting forth 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 subject

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 often did you compliment others' accomplishments?

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost all the time

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

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

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

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

18. 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

19. 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



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. When you are feeling pressured, how easily can you stay in control?

Not easily at all

Slightly easily

Somewhat easily

Quite easily

Extremely easily

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

Not relaxed at all

Slightly relaxed

Somewhat relaxed

Quite relaxed

Extremely relaxed

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

25. When things go wrong for you, how calm are you able to remain?

Not calm at all

Slightly calm

Somewhat calm

Quite calm

Extremely calm