

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. If you fail at an important goal, how likely are you to try again?

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

2. 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

3. How often do you think about what someone of a different race, ethnicity, or culture experiences?

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

4. During the past 30 days, how much did you care about other people's feelings?

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

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

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

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

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

7. During the past 30 days, how carefully did you listen to other people's points of view?

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

8. During the past 30 days, 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

9. 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

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

- No
 Yes

11. How connected do you feel to the adults at your school?

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

12. 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

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

-
- No Yes

14. How confident are you that students at your school can have honest conversations with each other about race?

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

15. During the past week, how often did you feel worried?

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

16. During the past week, how often did you feel hopeful?

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

17. During the past week, how often did you feel sad?

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

18. During the past week, how often did you feel happy?

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