



Fall 2021 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 Behavior

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

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

Not carefully at all

Slightly carefully

Somewhat carefully

Quite carefully

Extremely carefully

2. 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

3. 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

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

Not at all clearly

Slightly clearly

Somewhat clearly

Quite clearly

Extremely clearly

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

Not at all respectful

Slightly respectful

Somewhat respectful

Quite respectful

Extremely respectful

6. 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

7. 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

8. 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).

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

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never | Once in a while | Sometimes | Frequently | Almost always |

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

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not relaxed at all | Slightly relaxed | Somewhat relaxed | Quite relaxed | Extremely relaxed |

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

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never | Once in a while | Sometimes | Frequently | Almost always |

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

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never | Once in a while | Sometimes | Frequently | Almost always |

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

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not calm at all | Slightly calm | Somewhat calm | Quite calm | Extremely calm |

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. You can skip any question you don't feel comfortable answering.

During the past week, how often did you feel _____?

14. excited

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never | Once in a while | Sometimes | Frequently | Almost always |

15. happy

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never | Once in a while | Sometimes | Frequently | Almost always |

16. loved

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never | Once in a while | Sometimes | Frequently | Almost always |

17. safe

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never | Once in a while | Sometimes | Frequently | Almost always |



18. mad

Almost never

Once in a while

Sometimes

Frequently

Almost always

19. lonely

Almost never

Once in a while

Sometimes

Frequently

Almost always

20. sad

Almost never

Once in a while

Sometimes

Frequently

Almost always

21. worried

Almost never

Once in a while

Sometimes

Frequently

Almost always

Help From Other People

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

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

No

Yes

23. Do you have a family member or other adult outside of school who you can count on to help you, no matter what?

No

Yes

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

No

Yes

Feelings About Being at School

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

25. 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

26. 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



27. 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

28. 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

29. Would you like to talk privately with a teacher, counselor, or other adult from your school about how you are doing or for extra support? (Required question)

- No Yes

SAMPLE FORM