



### Student SEL Survey (SY 23-24)

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 Goals

We would like for you to think about the goals you set for yourself.

1. How often do you stay focused on the same goal for several months at a time?

- Almost never       Once in a while       Sometimes       Frequently       Almost always

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

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

3. When you are working on a project that matters a lot to you, how focused can you stay when there are lots of distractions?

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

4. If you have a problem while working towards an important goal, how well can you keep working?

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

5. Some people pursue some of their goals for a long time, and others change their goals frequently. Over the next several years, how likely are you to continue to pursue one of your current goals?

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

#### Your Current Classes

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

6. 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

7. 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

8. 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



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

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not at all confident	Slightly confident	Somewhat confident	Quite confident	Extremely confident

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

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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:

11. 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

12. Putting forth 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

13. 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

14. Liking the subject

<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

15. How easily you give up

<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

16. Your level of intelligence

<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

**Your Behavior**

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

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

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not carefully at all	Slightly carefully	Somewhat carefully	Quite carefully	Extremely carefully



18. How often did you come to class prepared?

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

19. 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

20. How often did you follow directions in class?

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

21. 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

22. 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

23. How often were you polite to adults?

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

24. How often did you compliment others' accomplishments?

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

25. How often did you pay attention and resist distractions?

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

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

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

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

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

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

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





29. 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

30. 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

31. How often did you allow others to speak without interruption?

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

32. 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

33. How often were you polite to other students?

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

34. How often did you keep your temper in check?

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

**Effort**

Please tell us about the level of effort you are putting into your class.

35. How much effort do you put into getting involved in discussions during class?

- Almost no effort     
  A little bit of effort     
  Some effort     
  Quite a bit of effort     
  A great deal of effort

36. When your teacher is speaking, how much effort do you put into trying to pay attention?

- Almost no effort     
  A little bit of effort     
  Some effort     
  Quite a bit of effort     
  A great deal of effort

37. How much effort do you put into your homework for this class?

- Almost no effort     
  A little bit of effort     
  Some effort     
  Quite a bit of effort     
  A great deal of effort

38. Overall, how much effort do you put forth during this class?

- Almost no effort     
  A little bit of effort     
  Some effort     
  Quite a bit of effort     
  A great deal of effort

39. How much effort do you put into learning all the material for this class?

- Almost no effort     
  A little bit of effort     
  Some effort     
  Quite a bit of effort     
  A great deal of effort



## 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).

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

Not easily at all

Slightly easily

Somewhat easily

Quite easily

Extremely easily

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

Not relaxed at all

Slightly relaxed

Somewhat relaxed

Quite relaxed

Extremely relaxed

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

45. 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

46. How often do you talk to adults in school about your passions and future goals?

Almost never

Once in a while

Sometimes

Frequently

Almost always

47. How often do you get to learn skills that will help you be successful in the careers that you are passionate about?

Almost never

Once in a while

Sometimes

Frequently

Almost always

48. How often does your class participate in activities that allow you to discover new careers you are passionate about?

Almost never

Once in a while

Sometimes

Frequently

Almost always