



Spring 2023 Social-Emotional Learning: Student Competency & Well-Being Measures

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?

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?

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?

Not at all sure

Slightly sure

Somewhat sure

Quite sure

Extremely sure

Your Behavior

Please answer the following questions about how you respond to different situations. Since the beginning of the school year...

4. 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

5. How often did you follow directions in class?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

6. 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

7. How often did you get your work done on time?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

8. How often did you pay attention in class?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time



9. How often were you able to name how you were feeling?

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

10. When you were working on your own, how often did you stay on task?

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

11. 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

12. How often did you allow others to speak without interrupting them?

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

13. Were you able to disagree with others without starting an argument?

- Not at all A little bit Somewhat Quite a bit A tremendous amount

14. How often did you keep your temper under control?

- 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).

15. When everybody around you gets angry, how calm can you stay?

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

16. How often are you able to control your behaviors when you feel strong emotions?

- Almost never Once in a while Sometimes Frequently Almost always

17. Once you get upset, how often can you calm yourself?

- Almost never Once in a while Sometimes Frequently Almost always

18. 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



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 _____?

19. excited

- Almost never Once in a while Sometimes Frequently Almost always

20. happy

- Almost never Once in a while Sometimes Frequently Almost always

21. loved

- Almost never Once in a while Sometimes Frequently Almost always

22. safe

- Almost never Once in a while Sometimes Frequently Almost always

23. mad

- Almost never Once in a while Sometimes Frequently Almost always

24. lonely

- Almost never Once in a while Sometimes Frequently Almost always

25. sad

- Almost never Once in a while Sometimes Frequently Almost always

26. 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.

27. Do you have a teacher or other adult from school who you can trust to help you?

- No Yes



28. Do you have an adult family member or other adult outside of school who you can trust to help you?

No

Yes

SAMPLE FORM