



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 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

Your Behavior

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

4. How often did you come to class prepared?

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

5. 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

6. How often did you follow directions in class?

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

7. 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

8. 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

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

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



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

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

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

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

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

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

13. 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

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

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

15. 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

16. How often were you polite to other students?

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

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

- 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).

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

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

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

- Almost never Once in a while Sometimes Frequently Almost always



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

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

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

- Almost never Once in a while Sometimes Frequently Almost always

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

- Almost never Once in a while Sometimes Frequently Almost always

23. 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

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 _____?

24. excited

- Almost never Once in a while Sometimes Frequently Almost always

25. happy

- Almost never Once in a while Sometimes Frequently Almost always

26. loved

- Almost never Once in a while Sometimes Frequently Almost always

27. safe

- Almost never Once in a while Sometimes Frequently Almost always

28. hopeful

- Almost never Once in a while Sometimes Frequently Almost always

29. angry

- Almost never Once in a while Sometimes Frequently Almost always



30. lonely

Almost never

Once in a while

Sometimes

Frequently

Almost always

31. sad

Almost never

Once in a while

Sometimes

Frequently

Almost always

32. worried

Almost never

Once in a while

Sometimes

Frequently

Almost always

33. frustrated

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.

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

No

Yes

35. 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

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

No

Yes

37. Do you have a teacher or other adult from school who you can be completely yourself around?

No

Yes

38. Do you have a family member or other adult outside of school who you can be completely yourself around?

No

Yes

39. Do you have a friend from school who you can be completely yourself around?

No

Yes