



Student SEL 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!

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:**

1. 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

2. Giving 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

3. 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

4. Liking the subjects you are studying

<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

5. 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

6. 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...

7. How often were you polite to adults?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almost never	Once in a while	Sometimes	Frequently	Almost all the time



8. How often did you come to class prepared?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

9. How often did you follow directions in class?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

10. 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

11. How often did you pay attention and ignore distractions?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

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

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

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 interrupting them?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

15. How often were you polite to other students?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

16. 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).

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

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always



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

☐

Not relaxed at all

☐

Slightly relaxed

☐

Somewhat relaxed

☐

Quite relaxed

☐

Extremely relaxed

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

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

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

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

21. 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

22. What strategies have helped you stay calm when you are upset?
