



Page 1



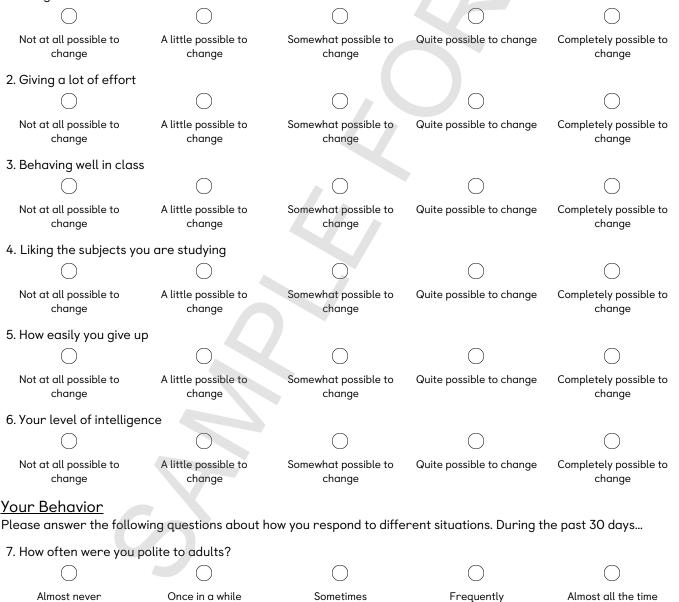
Student SEL Competency & Well-Being Measures

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



8. How often did you come to class provession of the did you follow directions of the did you follow directions of the did you get your work de and the did you pay attention and almost never once in a westing independent of the did you remain calm, ever and the did you remain calm, ever and the did you remain calm, ever and the did you allow others to state and the did you allow others	ile Sometimes ile Sometimes ine right away, instead of w ile Sometimes	Frequently Frequently vaiting until the last min Frequently Frequently	Almost all the time Almost all the time
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Almost never Once in a w		\bigcirc	\bigcirc
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Feelings in General In this section, we are hoping to learn inside or outside of school).	ile Sometimes	nt emotions that may o	ccur in your life (whether
17. How often are you able to pull you			
	ow you experience differen		\bigcirc
Almost never Once in a w	ow you experience differen	\bigcirc	Almost always

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		LIVERMORE School District		Page 3
18. When everybody ar	ound vou aets anarv. ł	now relaxed can you stay?		U
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Not relaxed at all	Slightly relaxed	Somewhat relaxed	Quite relaxed	Extremely relaxed
19. How often are you c	able to control your en	notions when you need to?		
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Almost never	Once in a while	Sometimes	Frequently	Almost always
20. Once you get upset	, how often can you ge	t yourself to relax?		
\bigcirc	\bigcirc	\bigcirc	0	\bigcirc
Almost never	Once in a while	Sometimes	Frequently	Almost always
21. When things go wro	ng for you, how calm c	are you able to stay?		
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Not calm at all	Slightly calm	Somewhat calm	Quite calm	Extremely calm
22. What strategies hav	ve helped you stay calı	m when you are upset?		
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