



## 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!

### Goals and Challenges

In this section, we would like for you to think about your overall learning experiences at school and in life.

1. How often do you stay focused on the same goal for more than 3 months at a time?

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ Frequently
 ☐ Almost always

2. If you fail at 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

### Your Behavior

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

5. How often were you polite to adults?

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

6. How often did you come to class prepared?

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

7. How often did you follow directions in class?

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

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 ignore distractions?

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



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

- ☐ 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. How often were you polite to other students?

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

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

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ Frequently
 ☐ Almost always

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

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

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

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ Frequently
 ☐ Almost always

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

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ Frequently
 ☐ Almost always

19. 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 \_\_\_\_\_?

20. mad

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

21. lonely

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

22. sad

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

23. worried

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

24. Thinking about everything in your life right now, what feels the hardest for you?

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