



USD 379 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!

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

Help From Other People

In this section, tell us about how other people help you.

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

No

Yes

21. 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

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

No

Yes

23. What can teachers or other adults at school do to better help you?

SAMPLE FORM