



## 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 several months at a time?

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always

2. If you fail to reach 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

5. Some people pursue some of their goals for a long time, and others change their goals frequently. Over the next several years, how likely are you to continue to pursue one of your current goals?

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

### Your Behavior

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

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 were you polite to adults?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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. 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

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

14. How often were you polite to other students?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

15. 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).

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

Not easily at all

Slightly easily

Somewhat easily

Quite easily

Extremely easily

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 remain?

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.

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

No

Yes

23. 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

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

No

Yes

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

No

Yes

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

No

Yes

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

No

Yes

28. What can teachers or other adults at school do to better support you?

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