



Student Life Skills & Well-Being Measures - About Self

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!

Your Classes

Please tell us about how you feel about your current teachers and classes.

1. How sure are you that you can complete all the schoolwork that is given to you?

☐	☐	☐	☐	☐
Not at all sure	A little sure	Somewhat sure	Very sure	Extremely sure

2. How sure are you that you will remember what you learned in your current classes, next year?

☐	☐	☐	☐	☐
Not at all sure	A little sure	Somewhat sure	Very sure	Extremely sure

3. How sure are you that you can learn all the subjects taught in your classes?

☐	☐	☐	☐	☐
Not at all sure	A little sure	Somewhat sure	Very sure	Extremely sure

4. How sure are you that you can do the hardest schoolwork that is given to you?

☐	☐	☐	☐	☐
Not at all sure	A little sure	Somewhat sure	Very sure	Extremely sure

5. When complicated ideas are discussed in class, how sure are you that you can understand them?

☐	☐	☐	☐	☐
Not at all sure	A little sure	Somewhat sure	Very sure	Extremely sure

Your Behavior

Please answer the following questions about how you respond to different situations.

6. During the past two weeks, how often did you allow others to speak without interrupting them?

☐	☐	☐	☐	☐
Almost never	Once in a while	Sometimes	A lot of the time	Almost all the time

7. During the past two weeks, how often did you come to class prepared?

☐	☐	☐	☐	☐
Almost never	Once in a while	Sometimes	A lot of the time	Almost all the time

8. During the past two weeks, how often did you follow directions in class?

☐	☐	☐	☐	☐
Almost never	Once in a while	Sometimes	A lot of the time	Almost all the time



9. During the past two weeks, how often did you get your work done right away, instead of waiting until the last minute?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

A lot of the time

☐

Almost all the time

10. During the past two weeks, how often did you pay attention in class?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

A lot of the time

☐

Almost all the time

11. During the past two weeks, when you were working on your own, how often did you stay focused?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

A lot of the time

☐

Almost all the time

12. During the past two weeks, how carefully did you listen to other people's opinions?

☐

Not carefully at all

☐

A little carefully

☐

Somewhat carefully

☐

Very carefully

☐

Extremely carefully

13. During the past two weeks, how much did you care about other people's feelings?

☐

Did not care at all

☐

Cared a little bit

☐

Cared somewhat

☐

Cared a lot

☐

Cared a huge amount

14. During the past two weeks, how often did you compliment others' accomplishments?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

A lot of the time

☐

Almost all the time

15. During the past two weeks, how well did you get along with students who are different from you?

☐

Did not get along at all

☐

Got along a little bit

☐

Got along somewhat well

☐

Got along very well

☐

Got along extremely well

16. During the past two weeks, how clearly were you able to describe your feelings?

☐

Not at all clearly

☐

A little clearly

☐

Somewhat clearly

☐

Very clearly

☐

Extremely clearly

17. During the past two weeks, when others did not agree with you, how respectful were you of their opinions?

☐

Not at all respectful

☐

A little respectful

☐

Somewhat respectful

☐

Very respectful

☐

Extremely respectful

18. During the past two weeks, how much were you able to stand up for yourself without putting others down?

☐

Not at all

☐

A little bit

☐

Somewhat

☐

A lot

☐

A huge amount

19. During the past two weeks, how much were you able to disagree with others without starting an argument?

☐

Not at all

☐

A little bit

☐

Somewhat

☐

A lot

☐

A huge amount



In this section, we want to learn about how you experience emotions at school and in life.

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

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

A lot of the time

☐

Almost always

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

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

A lot of the time

☐

Almost always

22. When you get upset, how often can you get yourself to relax?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

A lot of the time

☐

Almost always

23. When things go wrong for you, how calm are you able to stay?

☐

Not calm at all

☐

A little calm

☐

Somewhat calm

☐

Very calm

☐

Extremely calm

24. When you get upset, how often do you stop to think before you act?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

A lot of the time

☐

Almost always

Help From Other People

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

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

☐

No

☐

Yes

26. 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

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

☐

No

☐

Yes

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

☐

No

☐

Yes

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

☐

No

☐

Yes



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

☐

No

☐

Yes

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