

Mental and Behavioral Health Student Survey (Grades 6-12)

Pre-survey
 Post-survey

Student Name: _____ Campus: _____ Grade: _____ Date: _____

Please tell us how you feel about the following statements by circling the most appropriate response. There are no right or wrong answers. CIS staff can read the survey prompts to you and help indicate your answers, as needed.

Part 1		Most of the time (3)	Some of the time (2)	None of the time (1)
1	I enjoy being at school.	3	2	1
2	I can share how I feel am feeling with others.	3	2	1
3	I get along and work well with others.	3	2	1
4	I believe I deserve the good things in my life.	3	2	1
5	It is easy for me to follow directions.	3	2	1
6	Doing well in school is important to me.	3	2	1
7	I think before I speak or act.	3	2	1
8	I try to understand what other people are feeling.	3	2	1
9	I can choose a different way to work if I get frustrated or stuck.	3	2	1
10	I feel connected to other students because I have a lot in common with people my age.	3	2	1
11	I have an adult I can talk to at school when I feel upset or need help.	3	2	1
12	I can stay focused on my work and finish in the time given.	3	2	1
13	I know what to do when I don't feel happy.	3	2	1
14	I can stop when others ask me to stop what I am doing.	3	2	1
15	I am okay when things change.	3	2	1
16	I have friends at school that support and care about me.	3	2	1
17	I listen closely to others when they talk to me.	3	2	1
18	I can keep my things neat and tidy.	3	2	1
19	I can use different strategies to calm myself.	3	2	1
Part 2		Most of the time (1)	Some of the time (2)	None of the time (3)
1	I feel nervous a lot.	1	2	3

2	I have recently stopped doing the things I enjoy.	1	2	3
3	I don't feel like I can be myself because I do not think the people close to me will love and accept me.	1	2	3
4	Memories of an event and/or people I've lost upset me.	1	2	3
5	I worry about other people liking me.	1	2	3
6	I do things that could get me in trouble.	1	2	3
7	I worry about bad things happening to people I care about.	1	2	3
8	I get headaches/stomachaches a lot.	1	2	3
9	I feel lonely.	1	2	3
10	I eat more or less food than usual when I am sad or upset	1	2	3
11	I feel scared, even without knowing why.	1	2	3
12	I do things that others might think are dangerous.	1	2	3