

Well-Being Survey

Grades 6 to 12

What is one thing you wish your teacher knew about you?

If you fail to reach an important goal, how likely are you to try again?

When you get stuck while learning something new, how likely are you to try a different strategy?

Do you have a teacher or other adult from school who you can count on to help you?

Do you have a family member or other adult outside of school who you can count on to help you?

Do you have a friend from school who you can count on to help you?

During the past week, how often did you feel excited?

During the past week, how often did you feel happy?

During the past week, how often did you feel loved?

During the past week, how often did you feel safe?

During the past week, how often did you feel hopeful?

During the past week, how often did you feel angry?

During the past week, how often did you feel lonely?

During the past week, how often did you feel sad?

During the past week, how often did you feel worried?

During the past week, how often did you feel frustrated?

How often did you get your work done right away, instead of waiting until the last minute?

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

How often did you remain calm, even when someone was bothering you or saying bad things?

How often did you allow others to speak without interruption?

How often were you polite to other students?

Additional Questions

Volunteer for Good Questions only for students in grades 10, 11, and 12

- It is important to me to consider the needs of other people
- It is important to me to help those who are less fortunate
- It is important to me to make sure that all people are treated fairly
- It is important to me to think about how my actions affect people in the future
- I can make a positive difference in my community
- Even though I am a teenager, there are ways for me to get involved in my community
- I can use what I know to solve “real life” problems in my community
- I can create a plan to address a problem
- I can get other people to care about a problem
- I can express my views to others in-person or in writing
- I can contact someone in a leadership position about a problem
- I can listen to conflicting viewpoints and identify where they agree and disagree
- I can summarize what another person said to make sure I understand
- In a typical month, about how many hours do you spend volunteering to help other people or to help make your community a better place?