



## SEL Skills and Competencies

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!

### Performance in School

Whether a person does well or poorly in school may depend on a lot of different things. You may feel that some of these things are easier for you to change than others. **In school, how possible is it for you to change:**

1. Being talented

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change

2. Giving a lot of effort

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change

3. Behaving well in class

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change

4. Liking the subjects you are studying

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change

5. How easily you give up

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change

6. Your level of intelligence

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change

### Your Behavior

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

7. How often were you polite to adults?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almost never	Once in a while	Sometimes	Frequently	Almost all the time



8. How carefully did you listen to other people's points of view?

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

9. How often did you come to class prepared?

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost all the time

10. How much did you care about other people's feelings?

- Did not care at all     
  Cared a little bit     
  Cared somewhat     
  Cared quite a bit     
  Cared a tremendous amount

11. How often did you follow directions in class?

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost all the time

12. 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     
  Got along pretty well     
  Got along extremely well

13. 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

14. How often did you pay attention and ignore distractions?

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost all the time

15. How clearly were you able to describe your feelings?

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

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

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost all the time

17. When others disagreed with you, how respectful were you of their views?

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

18. 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



19. To what extent were you able to stand up for yourself without putting others down?

Not at all

A little bit

Somewhat

Quite a bit

A tremendous amount

20. How often did you allow others to speak without interrupting them?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

21. To what extent were you able to disagree with others without starting an argument?

Not at all

A little bit

Somewhat

Quite a bit

A tremendous amount

22. How often were you polite to other students?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

23. How often did you compliment others' accomplishments?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

24. How often did you keep your temper under control?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

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