



Spring 2023 Part 1 SEL Survey

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!

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).

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

- Almost never Once in a while Sometimes Frequently Almost always

2. When everybody around you gets angry, how relaxed can you stay?

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

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

- Almost never Once in a while Sometimes Frequently Almost always

4. Once you get upset, how often can you get yourself to relax?

- Almost never Once in a while Sometimes Frequently Almost always

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

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

Your Feelings

These questions ask about how you've been feeling recently. Please respond honestly—there are no right or wrong answers because there are no right or wrong feelings! Your answers will help us better support you and other students, and will not affect your grades or show up on your report card. You can skip any question you don't feel comfortable answering.

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

6. excited

- Almost never Once in a while Sometimes Frequently Almost always

7. happy

- Almost never Once in a while Sometimes Frequently Almost always



8. loved

Almost never

Once in a while

Sometimes

Frequently

Almost always

9. safe

Almost never

Once in a while

Sometimes

Frequently

Almost always

10. mad

Almost never

Once in a while

Sometimes

Frequently

Almost always

11. lonely

Almost never

Once in a while

Sometimes

Frequently

Almost always

12. sad

Almost never

Once in a while

Sometimes

Frequently

Almost always

13. worried

Almost never

Once in a while

Sometimes

Frequently

Almost always

Help From Other People

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

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

No

Yes

15. 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

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

No

Yes