

## SEL: Student Self Awareness and Efficacy

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 Current Classes

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

1. How confident are you that you can complete all the work that is assigned in your classes?

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

2. When complicated ideas are presented in class, how confident are you that you can understand them?

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

3. How confident are you that you can learn all the material presented in your classes?

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

4. How confident are you that you can do the hardest work that is assigned in your classes?

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

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

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

### Your Behavior

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

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

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

7. 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

8. 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

9. How often did you compliment others' accomplishments?

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



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

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

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

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

12. 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

13. 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

14. Currently, I most strongly identify as:

- Genderqueer, nonbinary, or fluid     
  Female     
  Male     
  Transgender     
  Prefer not to answer

15. Currently, I identify as:

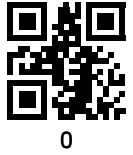
- Heterosexual/straig     
  LGBTQ+     
  Prefer not to answer

**Demographic information**

School leaders will use this information to help them understand how different aspects of students' identities may impact the experiences they have in our school. Your specific answers on these items will not be shared with your parents/guardians or teachers, but if you give permission in the final question, other school staff may follow up with you to invite you to join focus groups, planning teams, or other opportunities, depending on your answers. Any follow up participation would be entirely voluntary.

16. The race/ethnicity description I most strongly identify with is:

- Black or African American (E.g., African American, Jamaican, Haitian, Nigerian, Ethiopian, Somali, etc.)     
  East Asian (E.g., Chinese, Filipino, Asian Indian, Vietnamese, Korean, Japanese, Mongolian, etc.)     
  Hispanic or Latinx (E.g., Mexican/Mexican American, Puerto Rican, Cuban, Salvadoran, Dominican, Colombian, etc.)     
  Middle Eastern or North African (E.g., Lebanese, Iranian, Egyptian, Syrian, Moroccan, Israeli, etc.)     
  Native American, American Indian or Alaskan Native (E.g. Navajo Nation, Blackfeet Tribe, Mayan, Aztec, etc.)     
  Native Hawaiian or other Pacific Islander (E.g., Native Hawaain, Samoan, Chamorro, Tongon, Fijian, Marshallese, etc.)
- South Asian (E.g., Afghan, Indian, Pakistani, Bangladeshi, etc.)     
  White (E.g., German, Irish, English, Italian, Polish, French, etc.)     
  Multiple race/ethnicity options listed here     
  Other race/ethnicity not listed here     
  Prefer not to answer



17. Currently, I most strongly identify as:

Genderqueer,  
nonbinary, or fluid

Female

Male

Transgender

Prefer not to answer

18. Currently, I identify as:

Heterosexual/straig

LGBTQ+

Prefer not to  
answer

Added yes/no follow up item after I created this PDF, sorry! It is the same as the other student survey

SAMPLE FORM