



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?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not carefully at all	Slightly carefully	Somewhat carefully	Quite carefully	Extremely carefully

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

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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?

<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



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

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.

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

- | | | | | | |
|--|---|--|--|---|---|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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.) |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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 | |

15. Currently, I most strongly identify as:

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

16. Currently, I identify as:

- Heterosexual/straig
 LGBTQ+
 Prefer not to answer