



Student Life Skills & Well-Being Measures

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 Classes

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

1. How sure are you that you can complete all the schoolwork that is given to you?

☐ Not at all sure
 ☐ A little sure
 ☐ Somewhat sure
 ☐ Very sure
 ☐ Extremely sure

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

☐ Not at all sure
 ☐ A little sure
 ☐ Somewhat sure
 ☐ Very sure
 ☐ Extremely sure

3. How sure are you that you can learn all the subjects taught in your classes?

☐ Not at all sure
 ☐ A little sure
 ☐ Somewhat sure
 ☐ Very sure
 ☐ Extremely sure

4. How sure are you that you can do the hardest schoolwork that is given to you?

☐ Not at all sure
 ☐ A little sure
 ☐ Somewhat sure
 ☐ Very sure
 ☐ Extremely sure

5. When complicated ideas are discussed in class, how sure are you that you can understand them?

☐ Not at all sure
 ☐ A little sure
 ☐ Somewhat sure
 ☐ Very sure
 ☐ Extremely sure

Your Behavior

Please answer the following questions about how you respond to different situations.

6. During the past two weeks, how carefully did you listen to other people's opinions?

☐ Not carefully at all
 ☐ A little carefully
 ☐ Somewhat carefully
 ☐ Very carefully
 ☐ Extremely carefully

7. During the past two weeks, how much did you care about other people's feelings?

☐ Did not care at all
 ☐ Cared a little bit
 ☐ Cared somewhat
 ☐ Cared a lot
 ☐ Cared a huge amount

8. During the past two weeks, how often did you compliment others' accomplishments?

☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ A lot of the time
 ☐ Almost all the time

9. During the past two weeks, 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 well
 ☐ Got along very well
 ☐ Got along extremely well



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10. During the past two weeks, how clearly were you able to describe your feelings?

☐ Not at all clearly
 ☐ A little clearly
 ☐ Somewhat clearly
 ☐ Very clearly
 ☐ Extremely clearly

11. During the past two weeks, when others did not agree with you, how respectful were you of their opinions?

☐ Not at all respectful
 ☐ A little respectful
 ☐ Somewhat respectful
 ☐ Very respectful
 ☐ Extremely respectful

12. During the past two weeks, how much were you able to stand up for yourself without putting others down?

☐ Not at all
 ☐ A little bit
 ☐ Somewhat
 ☐ A lot
 ☐ A huge amount

13. During the past two weeks, how much were you able to disagree with others without starting an argument?

☐ Not at all
 ☐ A little bit
 ☐ Somewhat
 ☐ A lot
 ☐ A huge amount

Connections at School

14. I have a trusted adult in the building I am comfortable going to for help.

☐ No
 ☐ Yes

15. Which adult(s) in the building do you feel you can trust or go to for support? (Select all that apply)

☐ Teacher
 ☐ Teacher Assistant
 ☐ Case Manager
 ☐ Coach
 ☐ Counselor, Social Worker, or School Psychologist
 ☐ Club Advisor
 ☐ Librarian

☐ Maintenance/Cust
 ☐ Nurse
 ☐ Principal or Administrator
 ☐ Security Staff Member
 ☐ Another school staff member not listed here
 ☐ I do not know their role
 ☐ I do not currently have an adult in the building I go to

16. I have at least one friend at school who is supportive of me.

☐ No
 ☐ Yes

17. I feel comfortable at school being myself and showing who I am as a person.

☐ Strongly Disagree
 ☐ Disagree
 ☐ Agree
 ☐ Strongly Agree

Advising

18. I have access to the information and support I need to make informed decisions about my future.

☐ Strongly Disagree
 ☐ Disagree
 ☐ Agree
 ☐ Strongly Agree



19. I have enough opportunities to talk with my counselor about my academic progress and future goals.

☐	☐	☐	☐
Strongly Disagree	Disagree	Agree	Strongly Agree

20. My counselor helps me understand how my choices in high school connect to my plans after graduation.

☐	☐	☐	☐
Strongly Disagree	Disagree	Agree	Strongly Agree

21. When I meet with my counselor, I feel heard, understood, and supported in discussing my questions and concerns.

☐	☐	☐	☐
Strongly Disagree	Disagree	Agree	Strongly Agree

22. Teachers encourage me to think about my interests, strengths, and goals for life after high school.

☐	☐	☐	☐
Strongly Disagree	Disagree	Agree	Strongly Agree

23. What is your preferred method of receiving information about planning after high school? (Select all that apply)

☐	☐	☐	☐	☐	☐	☐	☐
Email	Text	Social Media	Flyers	Announcements	Staff Notifying Me	Schoollinks	School TV Displays

24. Who do you go to for support with planning your future? (Select all that apply)

☐	☐	☐	☐	☐	☐	☐	☐
Teacher	School Counselor	College/career or postsecondary staff member	Case Manager	School Social Worker or Psychologist	Administrator	Coach	Club Sponsor
☐	☐	☐	☐	☐	☐	☐	☐
Another staff member not listed here	Outside college specialist	Parent/guardian	Other family member (not parent or guardian)	Friend or another student	I usually try to figure it out myself	I don't know who to ask	I don't usually need help with these things

25. What top 3 areas would you like more support or information about? (Choose only 3)

☐	☐	☐	☐	☐	☐	☐
Choosing classes that are right for me	Understanding graduation requirements	Improving my academic performance	Exploring careers	College exploration	College applications/admis	Paying for College
☐	☐	☐	☐	☐	☐	☐
Trade school or apprenticeship opportunities	Military opportunities	Jobs/work opportunities in high school	Life skills and preparing for adulthood	Setting goals for myself	Understanding my strengths and interests	I feel like I have the support I need



26. What is one thing someone at the school has done that has helped you with your classes, goals, or plans for after high school?

27. What could your school do differently to better support you with your classes, goals, or plans for after high school?

Demographic items

We ask these questions each time we conduct a survey, because unlike information such as grade level, race/ethnicity, etc., we do not store this information in Infinite Campus. Your responses to these items will not be viewed individually, nor shared with your parents/guardians or teachers. School leaders look at patterns of responses in groups only, and use the information as one way to help them understand how students with various identify factors are experiencing our school environment. If fewer than 10 students select a specific choice, we cannot view response patterns by that particular group, in order to protect confidentiality

28. Currently, I most strongly identify as:

- | | | | | | |
|-----------------------|---|-----------------------|-----------------------|---------------------------------------|-----------------------|
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Female | Genderqueer,
nonbinary, or fluid
(not strictly male or
female) | Male | Questioning/unsure | Different identity not
listed here | Prefer not to answer |

29. Currently, I most strongly identify as:

- | | | | | |
|--|--|-----------------------|---------------------------------------|-----------------------|
| ☐ | ☐ | ☐ | ☐ | ☐ |
| Cisgender (my gender
identity corresponds to
the sex I was assigned at
birth) | Transgender (my gender
identity is not the same as
the sex I was assigned at
birth) | Questioning/ unsure | Different identity not
listed here | Prefer not to answer |

30. Currently, I most strongly identify as:

- | | | | | |
|---|-----------------------|-----------------------|---------------------------------------|-----------------------|
| ☐ | ☐ | ☐ | ☐ | ☐ |
| Bisexual, gay, lesbian, or
pansexual | Heterosexual/straight | Questioning/ unsure | Different identity not
listed here | Prefer not to answer |