



## Student Wellness Part I Fall 2022

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 Behavior

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

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

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

2. 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

3. 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

4. How often did you compliment others' accomplishments?

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

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

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

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

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

7. 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

8. 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



## 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).

9. When you are feeling pressured, how easily can you stay in control?

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

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

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always

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

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

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

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always

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

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always

14. When things go wrong for you, how calm are you able to remain?

- 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 \_\_\_\_\_?

15. excited

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always

16. happy

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always

17. loved

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always



18. safe

Almost never

Once in a while

Sometimes

Frequently

Almost always

19. hopeful

Almost never

Once in a while

Sometimes

Frequently

Almost always

20. angry

Almost never

Once in a while

Sometimes

Frequently

Almost always

21. lonely

Almost never

Once in a while

Sometimes

Frequently

Almost always

22. sad

Almost never

Once in a while

Sometimes

Frequently

Almost always

23. worried

Almost never

Once in a while

Sometimes

Frequently

Almost always

24. frustrated

Almost never

Once in a while

Sometimes

Frequently

Almost always

25. Thinking about everything in your life right now, what makes you feel the happiest?

---

---

### Help From Other People

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

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

No

Yes

27. 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



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

       
No      Yes

29. Do you have a teacher or other adult from school who you can be completely yourself around?

       
No      Yes

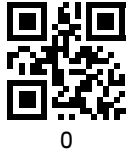
30. Do you have a family member or other adult outside of school who you can be completely yourself around?

       
No      Yes

31. Do you have a friend from school who you can be completely yourself around?

       
No      Yes

SAMPLE FORM



## Student Wellness Part II Fall 2022

For the following questions, we are interested in learning more about how you think about your school. Please give us your honest opinions so that we can better understand your experience and work to make the school a better place.

### Feelings About Being at School

In this section, we would like to understand how you feel about your school.

1. How well do people at your school understand you as a person?

Do not understand at all

Understand a little

Understand somewhat

Understand quite a bit

Completely understand

2. How connected do you feel to the adults at your school?

Not at all connected

Slightly connected

Somewhat connected

Quite connected

Extremely connected

3. How much respect do students in your school show you?

No respect at all

A little bit of respect

Some respect

Quite a bit of respect

A tremendous amount of respect

4. How much do you matter to others at this school?

Do not matter at all

Matter a little bit

Matter somewhat

Matter quite a bit

Matter a tremendous amount

5. Overall, how much do you feel like you belong at your school?

Do not belong at all

Belong a little bit

Belong somewhat

Belong quite a bit

Completely belong