



23-24 Social-Emotional Learning Screener Final

To better support you, your school and teachers would like to ask you some questions about how you think and feel. Only your teachers, school leaders, and parents or guardians will be able to see your responses. Your responses 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 often were you polite to adults?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Not carefully at all

Slightly carefully

Somewhat carefully

Quite carefully

Extremely carefully

3. How often did you come to class prepared?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

4. 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

5. How often did you follow directions in class?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

6. 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

7. How often did you get your work done right away, instead of waiting until the last minute?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

8. How often did you pay attention and ignore distractions?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Not at all clearly

Slightly clearly

Somewhat clearly

Quite clearly

Extremely clearly



10. When you were working independently, how often did you stay focused?

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

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. How often did you remain calm, even when someone was bothering you or saying bad things?

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

13. 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

14. How often did you allow others to speak without interrupting them?

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

15. 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

16. How often were you polite to other students?

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

17. How often did you compliment others' accomplishments?

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

18. How often did you keep your temper under control?

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

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).

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

- Almost never Once in a while Sometimes Frequently Almost always



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

Not relaxed at all

Slightly relaxed

Somewhat relaxed

Quite relaxed

Extremely relaxed

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

23. 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

Feelings About Being at School

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

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.

24. 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

25. How much support do the adults at your school give you?

No support at all

A little bit of support

Some support

Quite a bit of support

A tremendous amount of support

26. How much respect do students at 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

27. 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

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 _____?

28. mad

Almost never

Once in a while

Sometimes

Frequently

Almost always

29. lonely

Almost never

Once in a while

Sometimes

Frequently

Almost always

30. sad

Almost never

Once in a while

Sometimes

Frequently

Almost always

31. 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.

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

No

Yes

33. 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

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

No

Yes