



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 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 often did you come to class prepared?

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

3. 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

4. How often did you follow directions in class?

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

5. 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

6. 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

7. How often were you polite to adults?

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

8. How often did you compliment others' accomplishments?

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

9. How often did you pay attention and resist distractions?

- 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 you were working independently, how often did you stay focused?

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

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

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

13. 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

14. 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

15. How often did you allow others to speak without interruption?

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

16. 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

17. How often were you polite to other students?

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

18. How often did you keep your temper in check?

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

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



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

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

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

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

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

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

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

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

24. 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

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.

25. 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

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

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

27. 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

28. 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

29. 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



30. How often do teachers encourage you to learn about people from different races, ethnicities, or cultures?

- Almost never Once in a while Sometimes Frequently Almost always

31. How often do you think about what someone of a different race, ethnicity, or culture experiences?

- Almost never Once in a while Sometimes Frequently Almost always

32. How confident are you that students at your school can have honest conversations with each other about race?

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

33. At your school, how often are you encouraged to think more deeply about race-related topics?

- Almost never Once in a while Sometimes Frequently Almost always

34. How comfortable are you sharing your thoughts about race-related topics with other students at your school?

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

35. How often do students at your school have important conversations about race, even when they might be uncomfortable?

- Almost never Once in a while Sometimes Frequently Almost always

36. When there are major news events related to race, how often do adults at your school talk about them with students?

- Almost never Once in a while Sometimes Frequently Almost always

37. How well does your school help students speak out against racism?

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

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 _____?

38. angry

- Almost never Once in a while Sometimes Frequently Almost always



39. lonely

Almost never

Once in a while

Sometimes

Frequently

Almost always

40. sad

Almost never

Once in a while

Sometimes

Frequently

Almost always

41. worried

Almost never

Once in a while

Sometimes

Frequently

Almost always

42. frustrated

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.

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

No

Yes

44. 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

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

No

Yes

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

No

Yes

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

No

Yes

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

No

Yes