

# Student: Skills and Competencies



## Growth Mindset

Student perceptions of whether they have the potential to change those factors that are central to their performance in school.

### Grades 6-12

Question	Response Options				
<i>Whether a person does well or poorly in school may depend on a lot of different things. You may feel that some of these things are easier for you to change than others. In school, how possible is it for you to change:</i>					
<b>Being talented</b>	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change
<b>Liking the subject</b>	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change
<b>Your level of intelligence</b>	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change
<b>Putting forth a lot of effort</b>	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change
<b>Behaving well in class</b>	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change
<b>How easily you give up</b>	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change

### Grades 3-5

Question	Response Options				
<i>Whether a person does well or poorly in school may depend on a lot of different things. You may feel that some of these things are easier for you to change than others. In school, how possible is it for you to change:</i>					
<b>Being talented</b>	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change
<b>Liking the subjects you are studying</b>	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change
<b>Your level of intelligence</b>	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change
<b>Giving a lot of effort</b>	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change
<b>Behaving well in class</b>	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change
<b>How easily you give up</b>	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change

## Self-Management

How well students manage their emotions, thoughts, and behaviors in different situations.

Grades 6-12

Question	Response Options				
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*During the past 30 days...*

<b>How often did you come to class prepared?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost all the time
<b>How often did you follow directions in class?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost all the time
<b>How often did you get your work done right away, instead of waiting until the last minute?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost all the time
<b>How often did you pay attention and resist distractions?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost all the time
<b>When you were working independently, how often did you stay focused?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost all the time
<b>How often did you remain calm, even when someone was bothering you or saying bad things?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost all the time
<b>How often did you allow others to speak without interruption?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost all the time
<b>How often were you polite to adults?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost all the time
<b>How often were you polite to other students?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost all the time
<b>How often did you keep your temper in check?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost all the time

## Self-Management

How well students manage their emotions, thoughts, and behaviors in different situations.

Grades 3-5

Question	Response Options				
<i>During the past 30 days...</i>					
<b>How often did you come to class prepared?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost all the time
<b>How often did you follow directions in class?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost all the time
<b>How often did you get your work done right away, instead of waiting until the last minute?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost all the time
<b>How often did you pay attention and ignore distractions?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost all the time
<b>When you were working independently, how often did you stay focused?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost all the time
<b>How often did you remain calm, even when someone was bothering you or saying bad things?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost all the time
<b>How often did you allow others to speak without interrupting them?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost all the time
<b>How often were you polite to adults?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost all the time
<b>How often were you polite to other students?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost all the time
<b>How often did you keep your temper under control?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost all the time

# Student: Skills and Competencies



## Social Awareness

How well students consider the perspectives of others and empathize with them.

Grades 6-12

Question	Response Options				
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*During the past 30 days...*

<b>How carefully did you listen to other people's points of view?</b>	Not carefully at all	Slightly carefully	Somewhat carefully	Quite carefully	Extremely carefully
<b>How much did you care about other people's feelings?</b>	Did not care at all	Cared a little bit	Cared somewhat	Cared quite a bit	Cared a tremendous amount
<b>How often did you compliment others' accomplishments?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost all the time
<b>How well did you get along with students who are different from you?</b>	Did not get along at all	Got along a little bit	Got along somewhat	Got along pretty well	Got along extremely well
<b>How clearly were you able to describe your feelings?</b>	Not at all clearly	Slightly clearly	Somewhat clearly	Quite clearly	Extremely clearly
<b>When others disagreed with you, how respectful were you of their views?</b>	Not at all respectful	Slightly respectful	Somewhat respectful	Quite respectful	Extremely respectful
<b>To what extent were you able to stand up for yourself without putting others down?</b>	Not at all	A little bit	Somewhat	Quite a bit	A tremendous amount
<b>To what extent were you able to disagree with others without starting an argument?</b>	Not at all	A little bit	Somewhat	Quite a bit	A tremendous amount

## Social Awareness

How well students consider the perspectives of others and empathize with them.

Grades 3-5

Question	Response Options				
<i>During the past 30 days...</i>					
<b>How carefully did you listen to other people's points of view?</b>	Not carefully at all	Slightly carefully	Somewhat carefully	Quite carefully	Extremely carefully
<b>How much did you care about other people's feelings?</b>	Did not care at all	Cared a little bit	Cared somewhat	Cared quite a bit	Cared a tremendous amount
<b>How often did you compliment others' accomplishments?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost all the time
<b>How well did you get along with students who are different from you?</b>	Did not get along at all	Got along a little bit	Got along somewhat	Got along pretty well	Got along extremely well
<b>How clearly were you able to describe your feelings?</b>	Not at all clearly	Slightly clearly	Somewhat clearly	Quite clearly	Extremely clearly
<b>When others disagreed with you, how respectful were you of their views?</b>	Not at all respectful	Slightly respectful	Somewhat respectful	Quite respectful	Extremely respectful
<b>To what extent were you able to stand up for yourself without putting others down?</b>	Not at all	A little bit	Somewhat	Quite a bit	A tremendous amount
<b>To what extent were you able to disagree with others without starting an argument?</b>	Not at all	A little bit	Somewhat	Quite a bit	A tremendous amount

# Student: Skills and Competencies



## Emotion Regulation

How well students regulate their emotions.

Grades 6-12

Question	Response Options				
<b>When you are feeling pressured, how easily can you stay in control?</b>	Not easily at all	Slightly easily	Somewhat easily	Quite easily	Extremely easily
<b>How often are you able to pull yourself out of a bad mood?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always
<b>When everybody around you gets angry, how relaxed can you stay?</b>	Not relaxed at all	Slightly relaxed	Somewhat relaxed	Quite relaxed	Extremely relaxed
<b>How often are you able to control your emotions when you need to?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always
<b>Once you get upset, how often can you get yourself to relax?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always
<b>When things go wrong for you, how calm are you able to remain?</b>	Not calm at all	Slightly calm	Somewhat calm	Quite calm	Extremely calm

Grades 3-5

Question	Response Options				
<b>How often are you able to pull yourself out of a bad mood?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always
<b>When everybody around you gets angry, how relaxed can you stay?</b>	Not relaxed at all	Slightly relaxed	Somewhat relaxed	Quite relaxed	Extremely relaxed
<b>How often are you able to control your emotions when you need to?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always
<b>Once you get upset, how often can you get yourself to relax?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always
<b>When things go wrong for you, how calm are you able to stay?</b>	Not calm at all	Slightly calm	Somewhat calm	Quite calm	Extremely calm

# Student: Supports and Environment



## School Climate

Perceptions of the overall social and learning climate of the school.

Grades 6-12

Question	Response Options						
<b>How often do your teachers seem excited to be teaching your classes?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always		
<b>How fair or unfair are the rules for the students at this school?</b>	Very unfair	Somewhat unfair	Slightly unfair	Neither unfair nor fair	Slightly fair	Somewhat fair	Very fair
<b>How pleasant or unpleasant is the physical space at your school?</b>	Very unpleasant	Somewhat unpleasant	Slightly unpleasant	Neither pleasant nor unpleasant	Slightly pleasant	Somewhat pleasant	Very pleasant
<b>How positive or negative is the energy of the school?</b>	Very negative	Somewhat negative	Slightly negative	Neither negative nor positive	Slightly positive	Somewhat positive	Very positive
<b>At your school, how much does the behavior of other students hurt or help your learning?</b>	Hurts my learning a tremendous amount	Hurts my learning some	Hurts my learning a little bit	Neither helps nor hurts my learning	Helps my learning a little bit	Helps my learning some	Helps my learning a tremendous amount

Grades 3-5

Question	Response Options						
<b>How often do your teachers seem excited to be teaching your classes?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always		
<b>How fair or unfair are the rules for the students at this school?</b>	Very unfair	Somewhat unfair	Slightly unfair	Neither unfair nor fair	Slightly fair	Somewhat fair	Very fair
<b>How positive or negative is the energy of the school?</b>	Very negative	Somewhat negative	Slightly negative	Neither negative nor positive	Slightly positive	Somewhat positive	Very positive
<b>At your school, how much does the behavior of other students hurt or help your learning?</b>	Hurts my learning a tremendous amount	Hurts my learning some	Hurts my learning a little bit	Neither helps nor hurts my learning	Helps my learning a little bit	Helps my learning some	Helps my learning a tremendous amount

# Student: Supports and Environment



## Teacher-Student Relationships

How strong the social connection is between teachers and students within and beyond the school.

Grades 6-12

Question	Response Options				
<b>How many of your teachers are respectful towards you?</b>	None of my teachers	A few of my teachers	About half of my teachers	Most of my teachers	All of my teachers
<b>If you walked into class upset, how many of your teachers would be concerned?</b>	None of my teachers	A few of my teachers	About half of my teachers	Most of my teachers	All of my teachers
<b>If you came back to visit class three years from now, how many of your teachers would be excited to see you?</b>	None of my teachers	A few of my teachers	About half of my teachers	Most of my teachers	All of my teachers
<b>When your teachers ask how you are doing, how many of them are really interested in your answer?</b>	None of my teachers	A few of my teachers	About half of my teachers	Most of my teachers	All of my teachers
<b>How many of your teachers would you be excited to have again in the future?</b>	None of my teachers	A few of my teachers	About half of my teachers	Most of my teachers	All of my teachers

Grades 3-5

Question	Response Options				
<b>How respectful are your teachers towards you?</b>	Not at all respectful	Slightly respectful	Somewhat respectful	Quite respectful	Extremely respectful
<b>If you walked into class upset, how concerned would your teachers be?</b>	Not at all concerned	Slightly concerned	Somewhat concerned	Quite concerned	Extremely concerned
<b>When your teacher asks, "how are you?", how often do you feel that your teachers really want to know your answer?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always
<b>How excited would you be to have your teachers again?</b>	Not at all excited	Slightly excited	Somewhat excited	Quite excited	Extremely excited



# Student: Supports and Environment



## Sense of Belonging

How much students feel that they are valued members of the school community.

Grades 6-12

Question	Response Options				
<b>How well do people at your school understand you as a person?</b>	Do not understand at all	Understand a little	Understand somewhat	Understand quite a bit	Completely understand
<b>How connected do you feel to the adults at your school?</b>	Not at all connected	Slightly connected	Somewhat connected	Quite connected	Extremely connected
<b>How much respect do students in your school show you?</b>	No respect at all	A little bit of respect	Some respect	Quite a bit of respect	A tremendous amount of respect
<b>How much do you matter to others at this school?</b>	Do not matter at all	Matter a little bit	Matter somewhat	Matter quite a bit	Matter a tremendous amount
<b>Overall, how much do you feel like you belong at your school?</b>	Do not belong at all	Belong a little bit	Belong somewhat	Belong quite a bit	Completely belong

Grades 3-5

Question	Response Options				
<b>How well do people at your school understand you as a person?</b>	Do not understand at all	Understand a little	Understand somewhat	Understand quite a bit	Completely understand
<b>How much support do the adults at your school give you?</b>	No support at all	A little bit of support	Some support	Quite a bit of support	A tremendous amount of support
<b>How much respect do students at your school show you?</b>	No respect at all	A little bit of respect	Some respect	Quite a bit of respect	A tremendous amount of respect
<b>Overall, how much do you feel like you belong at your school?</b>	Do not belong at all	Belong a little bit	Belong somewhat	Belong quite a bit	Completely belong

# Student: Supports and Environment



## School Safety

Perceptions of student physical and psychological safety while at school.

Grades 6-12

Question	Response Options				
<b>How often are people disrespectful to others at your school?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always
<b>How likely is it that someone from your school will bully you online?</b>	Not at all likely	Slightly likely	Somewhat likely	Quite likely	Extremely likely
<b>How often do you worry about violence at your school?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always
<b>At your school, how unfairly do the adults treat the students?</b>	Not at all unfairly	Slightly unfairly	Somewhat unfairly	Quite unfairly	Extremely unfairly
<b>If a student is bullied in school, how difficult is it for him/her to get help from an adult?</b>	Not at all difficult	Slightly difficult	Somewhat difficult	Quite difficult	Extremely difficult
<b>How often do students get into physical fights at your school?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always

Grades 3-5

Question	Response Options				
<b>How often are people disrespectful to others at your school?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always
<b>How likely is it that someone from your school will bully you online?</b>	Not at all likely	Slightly likely	Somewhat likely	Quite likely	Extremely likely
<b>How often do you worry about violence at your school?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always
<b>If a student is bullied in school, how difficult is it for him/her to get help from an adult?</b>	Not at all difficult	Slightly difficult	Somewhat difficult	Quite difficult	Extremely difficult
<b>How often do students get into physical fights at your school?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always

# Student: Supports and Environment



## Engagement

How attentive and invested students are in school.

Grades 6-12

Question	Response Options				
<b>How excited are you about going to your classes?</b>	Not at all excited	Slightly excited	Somewhat excited	Quite excited	Extremely excited
<b>How often do you get so focused on activities in your classes that you lose track of time?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always
<b>In your classes, how eager are you to participate?</b>	Not at all eager	Slightly eager	Somewhat eager	Quite eager	Extremely eager
<b>When you are not in school, how often do you talk about ideas from your classes?</b>	Almost never	Once in a while	Sometimes	Often	Almost always
<b>Overall, how interested are you in your classes?</b>	Not at all interested	Slightly interested	Somewhat interested	Quite interested	Extremely interested

Grades 3-5

Question	Response Options				
<b>How excited are you about going to this class?</b>	Not at all excited	Slightly excited	Somewhat excited	Quite excited	Extremely excited
<b>How focused are you on the activities in this class?</b>	Not at all focused	Slightly focused	Somewhat focused	Quite focused	Extremely focused
<b>In this class, how excited are you to participate?</b>	Not at all excited	Slightly excited	Somewhat excited	Quite excited	Extremely excited
<b>When you are not in school, how often do you talk about ideas from this class?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always
<b>How interested are you in this class?</b>	Not at all interested	Slightly interested	Somewhat interested	Quite interested	Extremely interested

## Rigorous Expectations

How much students feel that their teachers hold them to high expectations around effort, understanding, persistence, and performance in class.

Grades 6-12

Question	Response Options				
<b>How often do your teachers make you explain your answers?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always
<b>When you feel like giving up on a difficult task, how likely is it that your teachers will make you keep trying?</b>	Not at all likely	Slightly likely	Somewhat likely	Quite likely	Extremely likely
<b>How much do your teachers encourage you to do your best?</b>	Do not encourage me at all	Encourage me a little	Encourage me some	Encourage me quite a bit	Encourage me a tremendous amount
<b>How often do your teachers take time to make sure you understand the material?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always
<b>Overall, how high are your teachers' expectations of you?</b>	Not high at all	Slightly high	Somewhat high	Quite high	Extremely high

Grades 3-5

Question	Response Options				
<b>How often do your teachers make you explain your answers?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always
<b>When you feel like giving up, how likely is it that your teachers will make you keep trying?</b>	Not at all likely	Slightly likely	Somewhat likely	Quite likely	Extremely likely
<b>How much do your teachers encourage you to do your best?</b>	Do not encourage me at all	Encourage me a little	Encourage me some	Encourage me quite a bit	Encourage me a tremendous amount
<b>How often do your teachers take time to make sure you understand the material?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always
<b>Overall, how high are your teachers' expectations of you?</b>	Not high at all	Slightly high	Somewhat high	Quite high	Extremely high

## FREE-RESPONSE QUESTIONS

What are two things that this school could do to improve? Please be as specific as possible.

What are two things that this school does well that it should continue to do? Please be as specific as possible.

If you were principal, what is the one change you would make to the school to make it feel safer?

## Positive Feelings

How frequently students feel positive emotions.

Grades 6-12

Question	Response Options					
<i>During the past week, how often did you feel _____ ?</i>						
<b>excited</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always	
<b>happy</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always	
<b>loved</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always	
<b>safe</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always	
<b>hopeful</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always	

Grades 3-5

Question	Response Options					
<i>During the past week, how often did you feel _____ ?</i>						
<b>excited</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always	
<b>happy</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always	
<b>loved</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always	
<b>safe</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always	

## Challenging Feelings

How frequently students feel challenging emotions.

Grades 6-12

Question	Response Options					
<i>During the past week, how often did you feel _____ ?</i>						
<b>angry</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always	
<b>lonely</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always	
<b>sad</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always	
<b>worried</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always	
<b>frustrated</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always	

Grades 3-5

Question	Response Options					
<i>During the past week, how often did you feel _____ ?</i>						
<b>mad</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always	
<b>lonely</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always	
<b>sad</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always	
<b>worried</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always	

### FREE-RESPONSE QUESTIONS

What can teachers or other adults at school do to better support you? *[Grades 6-12]*

What can teachers or other adults at school do to better help you? *[Grades 3-5]*

## Supportive Relationships

How supported students feel through their relationships with friends, family, and adults at school.

### Grades 6-12

Question	Response Options	
Do you have a teacher or other adult from school who you can count on to help you, no matter what?	No	Yes
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
Do you have a friend from school who you can count on to help you, no matter what?	No	Yes
Do you have a teacher or other adult from school who you can be completely yourself around?	No	Yes
Do you have a family member or other adult outside of school who you can be completely yourself around?	No	Yes
Do you have a friend from school who you can be completely yourself around?	No	Yes

### Grades 3-5

Question	Response Options	
Do you have a teacher or other adult from school who you can count on to help you, no matter what?	No	Yes
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
Do you have a friend from school who you can count on to help you, no matter what?	No	Yes