



## Student Well-Being & Self Management Survey

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!

### Goals and Challenges

In this section, we would like for you to think about your overall learning experiences at school and in life.

1. How often do you stay focused on the same goal for more than 3 months at a time?

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always

2. If you fail at an important goal, how likely are you to try again?

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

3. When you are working on a project that matters a lot to you, how focused can you stay when there are lots of distractions?

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

4. If you have a problem while working towards an important goal, how well can you keep working?

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

### Your Behavior

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

5. How often were you polite to adults?

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

6. How often did you come to class prepared?

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

7. How often did you follow directions in class?

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

8. 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



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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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. 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

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

13. How often were you polite to other students?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

14. 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).

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

Not relaxed at all

Slightly relaxed

Somewhat relaxed

Quite relaxed

Extremely relaxed

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

Almost never

Once in a while

Sometimes

Frequently

Almost always



19. 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

SAMPLE FORM