



APS SEL Spring 22 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!

Your Current Classes

Please tell us about how you feel about your current teachers and classes.

1. How confident are you that you can complete all the work that is assigned in your classes?

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

2. When complicated ideas are presented in class, how confident are you that you can understand them?

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

3. How confident are you that you can learn all the material presented in your classes?

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

4. How confident are you that you can do the hardest work that is assigned in your classes?

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

5. How confident are you that you will remember what you learned in your current classes, next year?

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

Performance in School

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:

6. Being talented

- Not at all possible to change
 A little possible to change
 Somewhat possible to change
 Quite possible to change
 Completely possible to change

7. Putting forth a lot of effort

- Not at all possible to change
 A little possible to change
 Somewhat possible to change
 Quite possible to change
 Completely possible to change

8. Behaving well in class

- Not at all possible to change
 A little possible to change
 Somewhat possible to change
 Quite possible to change
 Completely possible to change



9. Liking the subject

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change

10. How easily you give up

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change

11. Your level of intelligence

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change

Your Behavior

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

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

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not carefully at all	Slightly carefully	Somewhat carefully	Quite carefully	Extremely carefully

13. How much did you care about other people's feelings?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Did not care at all	Cared a little bit	Cared somewhat	Cared quite a bit	Cared a tremendous amount

14. How well did you get along with students who are different from you?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Did not get along at all	Got along a little bit	Got along somewhat	Got along pretty well	Got along extremely well

15. How often did you compliment others' accomplishments?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almost never	Once in a while	Sometimes	Frequently	Almost all the time

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

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not at all clearly	Slightly clearly	Somewhat clearly	Quite clearly	Extremely clearly

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

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not at all respectful	Slightly respectful	Somewhat respectful	Quite respectful	Extremely respectful

18. To what extent were you able to stand up for yourself without putting others down?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not at all	A little bit	Somewhat	Quite a bit	A tremendous amount



19. 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).

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

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

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

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

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

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

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

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

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

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

25. 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 _____?

26. excited

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

27. happy

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always



28. loved

Almost never

Once in a while

Sometimes

Frequently

Almost always

29. safe

Almost never

Once in a while

Sometimes

Frequently

Almost always

30. hopeful

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

Feelings About Being at School

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

32. 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

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

Not at all connected

Slightly connected

Somewhat connected

Quite connected

Extremely connected

34. 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

35. 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

36. 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