



Student perceptions about themselves

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 several months at a time?

- Almost never Once in a while Sometimes Frequently Almost always

2. If you fail to reach 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

5. Some people pursue some of their goals for a long time, and others change their goals frequently. Over the next several years, how likely are you to continue to pursue one of your current goals?

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

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

<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

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

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).

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

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

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

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

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

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

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

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

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

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

17. When things go wrong for you, how calm are you able to remain?

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



Help From Other People

In this section, tell us about how other people help you.

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

No Yes

19. 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

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

No Yes

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

No Yes

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

No Yes

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

No Yes

SAMPLE FORM