



Student perceptions about themselves- Fall & Spring

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!

1. If you fail at something that is important to you, how likely are you to try again?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| ☐ | ☐ | ☐ | ☐ | ☐ |
| Not at all likely | A little likely | Somewhat likely | Very likely | Extremely likely |

2. When you are working on something that matters to you and there are distractions, how focused can you stay?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| ☐ | ☐ | ☐ | ☐ | ☐ |
| Not at all focused | A little focused | Somewhat focused | Very focused | Extremely focused |

3. How well can you keep working to reach your goals if problems come up?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| ☐ | ☐ | ☐ | ☐ | ☐ |
| Not well at all | A little well | Somewhat well | Very well | Extremely well |

4. How often do you get your work done, even when you don't feel like doing it?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| ☐ | ☐ | ☐ | ☐ | ☐ |
| Almost never | Once in a while | Sometimes | A lot of the time | Almost all the time |

5. How hard do you work to keep your promises, even if they are hard to keep?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| ☐ | ☐ | ☐ | ☐ | ☐ |
| Not hard at all | A little hard | Somewhat hard | Very hard | Extremely hard |

Goals and Challenges

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

6. How much can you increase the effort you give in school?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------|
| ☐ | ☐ | ☐ | ☐ | ☐ |
| Can't increase at all | Can increase a little | Can increase some | Can increase a lot | Can increase a huge amount |

7. How much can you improve your behavior in school?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|---------------------------|
| ☐ | ☐ | ☐ | ☐ | ☐ |
| Can't improve at all | Can improve a little | Can improve some | Can improve a lot | Can improve a huge amount |

8. How much can you increase how smart you are?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------|
| ☐ | ☐ | ☐ | ☐ | ☐ |
| Can't increase at all | Can increase a little | Can increase some | Can increase a lot | Can increase a huge amount |

9. When you make a mistake on your schoolwork, how often do you ask your teacher for ways you can do better next time?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| ☐ | ☐ | ☐ | ☐ | ☐ |
| Almost never | Once in a while | Sometimes | A lot of the time | Almost all the time |



Feelings in General

In this section, we want to learn about how you experience emotions at school and in life.

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

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ A lot of the time
 ☐ Almost always

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

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ A lot of the time
 ☐ Almost always

12. When you get upset, how often can you get yourself to relax?

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ A lot of the time
 ☐ Almost always

13. When things go wrong for you, how calm are you able to stay?

- ☐ Not calm at all
 ☐ A little calm
 ☐ Somewhat calm
 ☐ Very calm
 ☐ Extremely calm

14. When you get upset, how often do you stop to think before you act?

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ A lot of the time
 ☐ Almost always

Help From Other People

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

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

- ☐ No
 ☐ Yes

16. 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

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

- ☐ No
 ☐ Yes

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

- ☐ No
 ☐ Yes

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

- ☐ No
 ☐ Yes



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

☐

No

☐

Yes

SAMPLE FORM