



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 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

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:**

5. 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

6. Giving 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

7. 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

8. Liking the subjects you are studying

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



9. How easily you give up

Not at all possible to change

A little possible to change

Somewhat possible to change

Quite possible to change

Completely possible to change

10. Your level of intelligence

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).

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

Not relaxed at all

Slightly relaxed

Somewhat relaxed

Quite relaxed

Extremely relaxed

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

15. 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

Help From Other People

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

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

No

Yes

17. 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



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

No

Yes

SAMPLE FORM