

## Student SEL Competency & Well-Being Measures

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!

### 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:**

1. Being talented

|                               |                             |                             |                          |                               |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <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 |

2. Putting forth a lot of effort

|                               |                             |                             |                          |                               |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <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 |

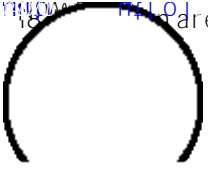
3. Behaving well in class

|                               |                             |                                  |                          |                               |
|-------------------------------|-----------------------------|----------------------------------|--------------------------|-------------------------------|
| <input type="radio"/>         | <input type="radio"/>       | <input checked="" 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 |





Are you able to pull yourself out of a bad mood?



1