



## **LIFE SKILLS AND WELLNESS- Student Survey Questions**

### **Grades 3<sup>rd</sup> -12<sup>th</sup>**

#### **Directions for Students:**

1. Today, we are gathering information on how you make decisions, relate to people around you, and approach your schoolwork. This will help us to be more effective teachers and learners. Once we start, the exercise will take about 15 minutes to complete.
2. This is not a test. There is no right or wrong answer. There is no way to fail this exercise or get a high score. Simply answer the questions as honestly as you can.
3. There will be 45 statements in this exercise. For each of the statements, you will be asked how much you agree or disagree with the statement. You have five options for your response. Please listen carefully as I explain these five options. And please ask questions at any time if you are confused by something I say.
4. For example, a statement might say: "I am really good at listening to what my teacher is telling the class"
5. You have five options for your response. If this statement describes you pretty well, then you might say, "I agree." If you feel that this statement describes you very well, you might say, "I strongly agree." If it does not describe you —if, for example, you sometimes get distracted and can't focus on what your teacher is saying, — you might say, "I disagree." If you do not feel you are good at all at listening to what your teacher is saying, you might say, "I strongly disagree." If you are really in the middle and cannot respond one way or the other, then you might say you are "neutral" on this question—in other words, you neither agree nor disagree.
6. To repeat, for each statement you have five possible responses: strongly agree, agree, disagree, strongly disagree, or neutral.
7. There are no right or wrong answers in this exercise. You should simply respond to the statements honestly and from your own perspective. That is what is most important.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5



### **LIFE SKILLS AND WELLNESS Student Life Skills and Wellness-Assessment Questions Grades 3-5**

1. I stay calm and focused when completing my schoolwork.
2. I have many good ideas.
3. When I have a problem at school, I am good at figuring out what to do.
4. I think things through before I act.
5. I can concentrate in class for long periods of time.
6. I am well-behaved at school.
7. When I am excited, I can still manage to sit still and listen.
8. When I am upset about something, I am more careful about what I say or do.
9. When another kid is upset, I can normally understand why they are feeling that way.
10. I avoid behaviors that could lead to other people getting hurt.
11. I have a good sense of what other people are feeling.
12. I am a good team member.
13. My teachers would say that I make good decisions.
14. I am better at being safe than other kids in my class.
15. I am good at controlling my feelings during a test or exam.
16. I am sure about how to behave in most situations.
17. I am confident that I can deal with problems in my life.
18. I like who I am as a person.
19. My teachers would describe me as someone who is very helpful.
20. I ask for help when I need it.
21. I can tell when I have hurt someone's feelings.
22. I can tell if someone that I am talking to is bored.
23. I know how to stop arguments with other kids from getting out of hand.
24. I can calm myself down if I feel stressed at school.
25. I get along well with other kids.
26. I will be happy and successful in my life.
27. I apologize when I've accidentally hurt someone.
28. I am good at learning new things.
29. I can keep my emotions under control.
30. I like practicing new things that I have learned.
31. My teacher thinks that I have good manners.
32. It bothers me when other kids break school rules.
33. In class I know how to describe my ideas very clearly.
34. I avoid doing things that are dangerous.
35. I know how my teachers expect me to behave.
36. I think carefully about all my options when I have to make a decision.
37. I feel sorry for kids who seem to be sad or unhappy about something.
38. I am confident that I can do what is being asked of me at school.
39. I am very good at telling what other kids are feeling.
40. I am careful about how I act when I am angry or upset.



41. When I feel sad or angry, I understand why I feel that way.
42. I listen carefully when my teachers explain something to the class.
43. I have a lot to contribute to my class.
44. I am a good listener.
45. I work very well with other students.

#### **LIFE SKILLS AND WELLNESS Student Life Skills and Wellness-Assessment Questions Grades 6-8**

1. When other kids are upset, I can normally understand why they are feeling that way.
2. I am very good at telling what other kids are feeling.
3. I am a good listener.
4. My teachers would say that I make good decisions.
5. I am really good at resisting peer pressure.
6. I know how my teachers expect me to behave.
7. I avoid doing things that are dangerous.
8. I think about the consequences before deciding to do something.
9. My teacher thinks that I have good manners.
10. I help kids who ask me to help them with something at school.
11. I work very well with other students.
12. I can concentrate in class for long periods of time.
13. I pay a lot of attention to details in my schoolwork.
14. When I feel sad or angry, I understand why I feel that way.
15. I can make sense of complicated situations.
16. I stay calm when I come across a problem that is hard to solve.
17. It bothers me very much when one of my friends is upset.
18. I am confident that I can do what is being asked of me at school.
19. When I have a problem at school, I am good at figuring out what to do.
20. I think about whether or not a behavior is safe before I decide to do it.
21. I know how to stop arguments with other kids from getting out of hand.
22. I can calm myself down if I feel stressed at school.
23. I get along well with other kids.
24. When I am upset about something, I am more careful about what I say or do.
25. I am sure about how to behave in most situations.
26. I listen carefully when my teachers explain something to the class.
27. I am well-behaved at school.
28. I am a good team member.
29. At school, I can do anything well if I put my mind to it.
30. I can keep my emotions under control.
31. I am good at learning new things.
32. I have a good sense of what other people are feeling.
33. I am careful about how I act when I am angry or upset.
34. I think things through very carefully before making an important decision.
35. I am excited about my future.



36. I feel sorry for kids who seem to be sad or unhappy about something.
37. I am good at controlling my feelings during a test or exam.
38. I apologize when I've accidentally hurt someone.
39. I know what I need to do when I feel stressed or nervous at school.
40. I have a lot to contribute to my class.
41. I work hard to avoid making the same bad decision twice.
42. I am confident I can deal with problems in my life.
43. My teachers would describe me as someone who is very helpful.
44. When I feel sad or angry, I do not let my emotions influence my behavior.
45. When friends are unhappy, I try to cheer them up.

### **LIFE SKILLS AND WELLNESS Student Life Skills and Wellness-Assessment Questions Grades 9-12**

1. I know how to stop arguments with other people from getting out of hand.
2. I am very good at understanding what other people are feeling.
3. I am really good at being aware of my emotions.
4. I have a lot to contribute to my class.
5. I stay focused in class even when I have a lot to worry about.
6. I am good at learning new things.
7. I think about the consequences before deciding to do something.
8. It bothers me very much when one of my friends is upset.
9. It bothers me when other people do things that are wrong or unethical.
10. I can calm myself down if I feel stressed at school.
11. I get along well with other people.
12. I avoid doing things that are dangerous.
13. I am a good listener.
14. My teachers would say that I make good decisions.
15. When I have a problem at school, I am good at figuring out what to do.
16. My teachers would describe me as someone who is very helpful.
17. I can understand how another person sees a situation even if I see it differently.
18. I am excited about my future.
19. My way of studying for tests is very effective.
20. I work very well with other students.
21. I stay calm when I come across a problem that is hard to solve.
22. I am careful about how I act when I am angry or upset.
23. I like who I am as a person.
24. I have a very clear sense of what I need to do to succeed in all of my classes.
25. When I work in a group or team I get along well with everyone.
26. My classmates would say that I am good at making good decisions.
27. I can concentrate in class for long periods of time.
28. I am confident that I can deal with problems in my life.
29. I pay a lot of attention to details in my schoolwork.
30. I apologize when I've accidentally hurt someone.



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31. I help people who ask me to help them with something at school.
32. I feel sorry for people who seem to be sad or unhappy about something.
33. I am well behaved at school.
34. I am really good at resisting peer pressure.
35. I am very motivated to learn as much as I can in all of my classes.
36. I ask for help when I need it.
37. At school, I can do anything well if I put my mind to it.
38. When I feel sad or angry, I understand why I feel that way.
39. I often worry about the feelings of my friends.
40. I think about whether or not a behavior is safe before I decide to do it.
41. I work hard to avoid making the same bad decision twice.
42. My parents can count on me to make responsible decisions.
43. If I saw two of my friends arguing, I would try to stop the argument.
44. I am sure about how to behave in most situations.
45. I can keep my emotions under control.