

## SEL Screener

To better support you, your school and teachers would like to ask you some questions about how you think and feel. Only your teachers, school leaders, and parents or guardians will be able to see your responses. Your responses will not affect your class grades. Please respond honestly—there are no right or wrong answers!

1. 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

2. 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

3. How often do you think about what someone of a different race, ethnicity, or culture experiences?

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always

4. During the past 30 days, how much did you care about other people's feelings?

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always

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

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always

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

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always

7. During the past 30 days, how carefully did you listen to other people's points of view?

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

8. During the past 30 days, to what extent were you able to disagree with others without starting an argument?

- Not at all     
  A little bit     
  Somewhat     
  Quite a bit     
  A tremendous amount

9. How useful do you think school will be to you in the future?

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

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

- No     
  Yes

11. How connected do you feel to the adults at your school?

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

12. Overall, how much do you feel like you belong at your school?

- 
- Do not belong at all      Belong a little bit      Belong somewhat      Belong quite a bit      Completely belong

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

- 
- No      Yes

14. How confident are you that students at your school can have honest conversations with each other about race?

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

15. During the past week, how often did you feel worried?

- 
- Almost never      Once in a while      Sometimes      Frequently      Almost always

16. During the past week, how often did you feel hopeful?

- 
- Almost never      Once in a while      Sometimes      Frequently      Almost always

17. During the past week, how often did you feel sad?

- 
- Almost never      Once in a while      Sometimes      Frequently      Almost always

18. During the past week, how often did you feel happy?

- 
- Almost never      Once in a while      Sometimes      Frequently      Almost always