



## Spring 2022- Vancouver Student Competency & Well-Being Survey

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!

### Your Class

Please tell us about how you feel about your current class.

1. How sure are you that you can complete all the work that is assigned in your class?

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all sure       | Slightly sure         | Somewhat sure         | Quite sure            | Extremely sure        |

2. When complicated ideas are discussed in class, how sure are you that you can understand them?

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all sure       | Slightly sure         | Somewhat sure         | Quite sure            | Extremely sure        |

3. How sure are you that you can learn all the topics taught in your class?

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all sure       | Slightly sure         | Somewhat sure         | Quite sure            | Extremely sure        |

4. How sure are you that you can do the hardest work that is assigned in your class?

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all sure       | Slightly sure         | Somewhat sure         | Quite sure            | Extremely sure        |

5. How sure are you that you will remember what you learned in your current class, next year?

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all sure       | Slightly sure         | Somewhat sure         | Quite sure            | Extremely sure        |

### 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:**

6. 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 |

7. Giving 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 |

8. Behaving well in class

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



9. 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

10. 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

11. 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

### Your Behavior

Please answer the following questions about how you respond to different situations. During the past 30 days...

12. How often were you polite to adults?






Almost never

Once in a while

Sometimes

Frequently

Almost all the time

13. How carefully did you listen to other people's points of view?






Not carefully at all

Slightly carefully

Somewhat carefully

Quite carefully

Extremely carefully

14. How often did you come to class prepared?






Almost never

Once in a while

Sometimes

Frequently

Almost all the time

15. How much did you care about other people's feelings?






Did not care at all

Cared a little bit

Cared somewhat

Cared quite a bit

Cared a tremendous amount

16. How often did you follow directions in class?






Almost never

Once in a while

Sometimes

Frequently

Almost all the time

17. How well did you get along with students who are different from you?






Did not get along at all

Got along a little bit

Got along somewhat

Got along pretty well

Got along extremely well

18. How often did you get your work done right away, instead of waiting until the last minute?






Almost never

Once in a while

Sometimes

Frequently

Almost all the time



19. How often did you pay attention and ignore distractions?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

20. How clearly were you able to describe your feelings?

Not at all clearly

Slightly clearly

Somewhat clearly

Quite clearly

Extremely clearly

21. When you were working independently, how often did you stay focused?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

22. When others disagreed with you, how respectful were you of their views?

Not at all respectful

Slightly respectful

Somewhat respectful

Quite respectful

Extremely respectful

23. How often did you remain calm, even when someone was bothering you or saying bad things?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

24. To what extent were you able to stand up for yourself without putting others down?

Not at all

A little bit

Somewhat

Quite a bit

A tremendous amount

25. How often did you allow others to speak without interrupting them?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

26. 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

27. How often were you polite to other students?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

28. How often did you compliment others' accomplishments?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

29. How often did you keep your temper under control?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time



### 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).

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

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never          | Once in a while       | Sometimes             | Frequently            | Almost always         |

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

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not relaxed at all    | Slightly relaxed      | Somewhat relaxed      | Quite relaxed         | Extremely relaxed     |

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

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never          | Once in a while       | Sometimes             | Frequently            | Almost always         |

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

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never          | Once in a while       | Sometimes             | Frequently            | Almost always         |

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

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not calm at all       | Slightly calm         | Somewhat calm         | Quite calm            | Extremely calm        |

### Your Feelings

These questions ask about how you've been feeling recently. Please respond honestly—there are no right or wrong answers because there are no right or wrong feelings! Your answers will help us better support you and other students, and will not affect your grades or show up on your report card. You can skip any question you don't feel comfortable answering.

During the past week, how often did you feel \_\_\_\_\_?

35. excited

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never          | Once in a while       | Sometimes             | Frequently            | Almost always         |

36. happy

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never          | Once in a while       | Sometimes             | Frequently            | Almost always         |

37. loved

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never          | Once in a while       | Sometimes             | Frequently            | Almost always         |

38. safe

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never          | Once in a while       | Sometimes             | Frequently            | Almost always         |



39. mad

Almost never

Once in a while

Sometimes

Frequently

Almost always

40. lonely

Almost never

Once in a while

Sometimes

Frequently

Almost always

41. sad

Almost never

Once in a while

Sometimes

Frequently

Almost always

42. worried

Almost never

Once in a while

Sometimes

Frequently

Almost always

43. Thinking about everything in your life right now, what makes you feel the happiest?

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### Help From Other People

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

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

No

Yes

45. 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

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

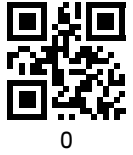
No

Yes

47. What can teachers or other adults at school do to better help you?

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## Spring 2022 - Vancouver Supports + Environment (Equity) Survey

For the following questions, we are interested in learning more about how you think about your school. Please give us your honest opinions so that we can better understand your experience and work to make the school a better place.

### Feelings About Being at School

In this section, we would like to understand how you feel about your school.

1. How well do people at your school understand you as a person?

Do not understand at all

Understand a little

Understand somewhat

Understand quite a bit

Completely understand

2. How much support do the adults at your school give you?

No support at all

A little bit of support

Some support

Quite a bit of support

A tremendous amount of support

3. How much respect do students at your school show you?

No respect at all

A little bit of respect

Some respect

Quite a bit of respect

A tremendous amount of respect

4. 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