



Fall 23 Student Competency 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 Current Classes

Please tell us about how you feel about your current teachers and classes.

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

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

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

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

3. How confident are you that you can learn all the material presented in your classes?

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

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

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

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

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

Your Behavior

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

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

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

7. How often did you come to class prepared?

- Almost never Once in a while Sometimes Frequently Almost all the time

8. 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

9. How often did you follow directions in class?

- Almost never Once in a while Sometimes Frequently Almost all the time



10. 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

11. 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

12. How often were you polite to adults?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

13. How often did you compliment others' accomplishments?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

14. How often did you pay attention and resist distractions?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Not at all clearly

Slightly clearly

Somewhat clearly

Quite clearly

Extremely clearly

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Not at all respectful

Slightly respectful

Somewhat respectful

Quite respectful

Extremely respectful

18. 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

19. 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

20. How often did you allow others to speak without interruption?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time



21. 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

22. How often were you polite to other students?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

23. How often did you keep your temper in check?

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).

24. When you are feeling pressured, how easily can you stay in control?

Not easily at all

Slightly easily

Somewhat easily

Quite easily

Extremely easily

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

Not relaxed at all

Slightly relaxed

Somewhat relaxed

Quite relaxed

Extremely relaxed

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

29. When things go wrong for you, how calm are you able to remain?

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 _____?

30. angry

Almost never

Once in a while

Sometimes

Frequently

Almost always

31. lonely

Almost never

Once in a while

Sometimes

Frequently

Almost always

32. sad

Almost never

Once in a while

Sometimes

Frequently

Almost always

33. worried

Almost never

Once in a while

Sometimes

Frequently

Almost always

34. frustrated

Almost never

Once in a while

Sometimes

Frequently

Almost always

Help From Other People

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

35. What can teachers or other adults at school do to better support you?

36. What is one thing you wish your teacher knew about you?



Fall 23 Student Support and Environment 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 connected do you feel to the adults at your school?

Not at all connected

Slightly connected

Somewhat connected

Quite connected

Extremely connected

3. How much respect do students in 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. How much do you matter to others at this school?

Do not matter at all

Matter a little bit

Matter somewhat

Matter quite a bit

Matter a tremendous amount

5. 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

Your Teachers During Class

Please tell us about how much your teachers encourage you to do your best.

6. How often do your teachers make you explain your answers?

Almost never

Once in a while

Sometimes

Frequently

Almost always

7. When you feel like giving up on a difficult task, how likely is it that your teachers will make you keep trying?

Not at all likely

Slightly likely

Somewhat likely

Quite likely

Extremely likely

8. How much do your teachers encourage you to do your best?

Do not encourage me at all

Encourage me a little

Encourage me some

Encourage me quite a bit

Encourage me a tremendous amount



9. How often do your teachers take time to make sure you understand the material?

- Almost never Once in a while Sometimes Frequently Almost always

10. Overall, how high are your teachers' expectations of you?

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

Feelings About School

Please let us know what you think about school in general.

11. How often do teachers encourage you to learn about people from different races, ethnicities, or cultures?

- Almost never Once in a while Sometimes Frequently Almost always

12. How often do you spend time at school with students from different races, ethnicities, or cultures?

- Almost never Once in a while Sometimes Frequently Almost always

13. How often do you have classes with students from different racial, ethnic, or cultural backgrounds?

- Almost never Once in a while Sometimes Frequently Almost always

14. At your school, how often do students from different races, ethnicities, or cultures hang out with each other?

- Almost never Once in a while Sometimes Frequently Almost always

15. At your school, how common is it for students to have close friends from different racial, ethnic, or cultural backgrounds?

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

16. How fairly do students at your school treat people from different races, ethnicities, or cultures?

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

17. How fairly do adults at your school treat people from different races, ethnicities, or cultures?

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

18. 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



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

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

20. At your school, how often are you encouraged to think more deeply about race-related topics?

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- Almost never Once in a while Sometimes Frequently Almost always

21. How comfortable are you sharing your thoughts about race-related topics with other students at your school?

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

22. How often do students at your school have important conversations about race, even when they might be uncomfortable?

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- Almost never Once in a while Sometimes Frequently Almost always

23. When there are major news events related to race, how often do adults at your school talk about them with students?

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- Almost never Once in a while Sometimes Frequently Almost always

24. How well does your school help students speak out against racism?

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