Social-Emotional Growth: Grades 6-12

Thank you for your participation: Please answer the following questions and let someone know if you have any questions while completing it.

* Required

1. Email *

2. What grade are you in? *

Mark only one oval.

6th
 7th
 8th
 9th
 10th
 11th
 12th

Grit

GRIT = How well you can persevere through setbacks to achieve long-term goals.

3. How often do you stay focused on the same goal for several months at a time? *

Mark only one oval.

Almost never

Once in a while

- Sometimes
- Frequently
- Almost always
- 4. If you fail to reach an important goal, how likely are you to try again? *

Mark only one oval.

- Not at all likely
- Slightly likely
- Somewhat likely
- Quite likely
- Extremely likely
- 5. When you are working on a project that matters a lot to you, how focused can you stay when * there are lots of distractions?

Mark only one oval.

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

6. If you have a problem while working towards an important goal, how well can you keep working?

*

*

Mark only one oval.

- Not well at all
- Slightly well
- Somewhat well
- Quite well
- Extremely well
- 7. Some people pursue some of their goals for a long time, and others change their goals frequently. Over the next several years, how likely are you to continue to pursue one of your current goals?

Mark only one oval.

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

Growth Mindset Growth Mindset: Your perceptions of whether they have the potential to change those factors that are central to their performance in school.

8. 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:

Mark only one oval per row.

	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change			
Being talented								
Liking the subjects you are studying								
Your level of intelligence				\bigcirc	\bigcirc			
Putting forth a lot of effort	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc			
Behaving well in class	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc			
How easily you give up	\bigcirc			\bigcirc	\bigcirc			
	Self-Man	Self-Management: How well you manage your emotions, thoughts, and						

Self-Management Self-Management: How well you manage your emotions, thoughts, and behaviors in different situations.

9. During the last 30 days... *

Mark only one oval per row.

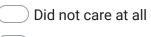
	Almost Never	Once in awhile	Sometimes	Often	Almost all the time
How often did you come to class prepared?	\bigcirc	\bigcirc	\bigcirc	\bigcirc	
How often did you follow directions in class?	\bigcirc	\bigcirc	\bigcirc	\bigcirc	
How often did you get your work done right away, instead of waiting until the last minute?					
How often did you pay attention and resist distractions?	\bigcirc	\bigcirc	\bigcirc		
When you were working independently, how often did you stay focused?	\bigcirc				
How often did you remain calm, even when someone was bothering you or saying bad things?					
How often did you allow others to speak without interruption?	\bigcirc	\bigcirc	\bigcirc	\bigcirc	
How often were you polite to adults?	\bigcirc	\bigcirc	\bigcirc	\bigcirc	
How often were you polite to other students?	\bigcirc			\bigcirc	
How often did you keep your temper in check?	\bigcirc	\bigcirc	\bigcirc	\bigcirc	

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

Mark only one oval.

- Not carefully at all
- Slightly carefully
- Somewhat carefully
- Quite carefully
- Extremely carefully
- 11. During the past 30 days, how much did you care about other people's feelings? *

Mark only one oval.



- Cared a little bit
- Cared somewhat
- Cared quite a bit
- Cared a tremendous amount
- 12. During the past 30 days, how often did you compliment others' accomplishments? *

Mark only one oval.

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

During the past 30 days, how well did you get along with students who are different from * you?

Mark only one oval.

Did not get along at all

Got along a little bit

Got along somewhat

Got along pretty well

- Got along extremely well
- 14. During the past 30 days, how clearly were you able to describe your feelings? *

Mark only one oval.

Not at all clearly
 Slightly clearly

Somewhat clearly

Quite clearly

Extremely clearly

15. During the past 30 days, when others disagreed with you, how respectful were of their * views?

Mark only one oval.

Not respectuful all clearly

Slightly respectful

Somewhat respectful

Quite respectful

Extremely respectful

16. During the past 30 days... *

Mark only one oval per row.

		Not at all	A little bit	Somewhat	Quite a bit	A tremendous amount
To what extent w you able to stan for yourself with putting others d	d up Iout		\bigcirc			
To what extent w you able to disage with others with starting an argu	gree out	\bigcirc	\bigcirc			
Selt-	Self-Effic	•	much studen	ts believe the	y can succee	d in achieving academic

Efficacy

17. Please do your best to answer the following questions. *

Mark only one oval per row.

	Not at all confident	Slightly confident	Somewhat confident	Quite confident	Extremely confident
How confident are you that you can complete all the work that is assigned in your classes?					
When complicated ideas are presented in class, how confident are you that you can understand them?					
How confident are you that you can learn all the material presented in your classes?					
How confident are you that you can do the hardest work that is assigned in your classes?					
How confident are you that you will remember what you learned in your current classes, next year?					

Emotion Regulation

Emotion Regulation: How well students regulate their emotions.

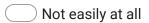
18. Please do your best to answer the following questions. *

Mark only one oval per row.

	Almost never	Once in awhile	Sometimes	Frequently	Almost always
How often are you able to pull yourself out of a bad mood?	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
How often are you able to control your emotions when you need to?					
Once you get upset, how often are you able to get yourself to relax?	\bigcirc	\bigcirc	\bigcirc	\bigcirc	

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

Mark only one oval.



Slightly easily

Somewhat easily

Quite easily

Extremely easily

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

Mark only one oval.



Slightly relaxed

Somewhat relaxed

Quite relaxed

Extremely relaxed

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

Mark only one oval.

Not calm at all

- Slightly calm
- Somewhat calm
- 📃 Quite calm
- Extremely calm

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