

# 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

3. Do you feel safe at school? \*

*Mark only one oval.*

Yes

No

Other: \_\_\_\_\_

4. Do you feel that regular attendance at school is important to be successful in school? \*

*Mark only one oval.*

Yes

No

Other: \_\_\_\_\_

Grit

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

5. 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

6. 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

7. 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

8. 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

9. 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.

10. 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
<b>Being talented</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Liking the subjects you are studying</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Your level of intelligence</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Putting forth a lot of effort</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Behaving well in class</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>How easily you give up</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Self-  
Management

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

11. During the last 30 days... \*

Mark only one oval per row.

	Almost Never	Once in awhile	Sometimes	Often	Almost all the time
<b>How often did you come to class prepared?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>How often did you follow directions in class?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>How often did you get your work done right away, instead of waiting until the last minute?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>How often did you pay attention and resist distractions?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>When you were working independently, how often did you stay focused?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>How often did you remain calm, even when someone was bothering you or saying bad things?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>How often did you allow others to</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**speak without interruption?**

---

**How often were you polite to adults?**

---

**How often were you polite to other students?**

---

**How often did you keep your temper in check?**

---

Social Awareness

Social Awareness: How well you consider the perspectives of others and empathize with them.

12. 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

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

*Mark only one oval.*

- Did not care at all
- Cared a little bit
- Cared somewhat
- Cared quite a bit
- Cared a tremendous amount

14. 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

15. 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

16. 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

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

Mark only one oval.

- Not respectful all clearly
- Slightly respectful
- Somewhat respectful
- Quite respectful
- Extremely respectful

18. 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 were you able to stand up for yourself without putting others down?**

                      

---

**To what extent were you able to disagree with others without starting an argument?**

                      

Self-Efficacy

Self-Efficacy: How much students believe they can succeed in achieving academic outcomes.



19. 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
<b>How confident are you that you can complete all the work that is assigned in your classes?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>When complicated ideas are presented in class, how confident are you that you can understand them?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>How confident are you that you can learn all the material presented in your classes?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>How confident are you that you can do the hardest work that is assigned in your classes?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>How confident are you that</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**you will  
remember  
what you  
learned in  
your current  
classes,  
next year?**

Emotion Regulation

Emotion Regulation: How well students regulate their emotions.

20. Please do your best to answer the following questions. \*

*Mark only one oval per row.*

	Almost never	Once in awhile	Sometimes	Frequently	Almost always
<b>How often are you able to pull yourself out of a bad mood?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>How often are you able to control your emotions when you need to?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Once you get upset, how often are you able to get yourself to relax?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

*Mark only one oval.*

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

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

*Mark only one oval.*

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

23. 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

---

This content is neither created nor endorsed by Google.