

# Survey for Measuring Student Social-Emotional Growth: Grades 3-5

Thank you for your interest and consideration in using one or more of these surveys with your staff and/or students. Each of these is a template version, and we would recommend that you designate a team to fully review and modify as needed the contents of each survey so that it meets your needs and helps you to gather and analyze the information that you would like to know more about and be able to act upon from each these groups.

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

\* Required

1. Do you feel safe at school? \*

*Mark only one oval.*

- Yes  
 No  
 Other: \_\_\_\_\_

2. 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.

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 do not reach an important goal you have set for yourself, how likely are you to try again? \*

*Mark only one oval.*

- Not at all likely
- Slightly likely
- Sometimes
- Frequently
- Almost Always

5. When you are working on a project that is really important to you, how focused are you when there are lots of distractions around you? \*

*Mark only one oval.*

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

6. If you run into a challenge while working towards an important goal, are you able to keep working? \*

*Mark only one oval.*

- Not at all
- Slightly
- Somewhat
- Absolutely

Growth  
Mindset

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

7. 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>Giving 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.

8. During the past 30 days... \*

Mark only one oval per row.

	Almost never	Once in a while	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 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 ignore 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 speak without</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

interrupting  
them?

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How often  
were you  
polite to  
adults?

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How often  
were you  
polite to other  
students?

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How often did  
you keep your  
temper under  
control?

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Social  
Awareness

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

9. 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

10. 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

11. During the past 30 days, how often did you compliment others' \*

*Mark only one oval.*

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

12. During the past 30 days, how well did you get along with students who are different than 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

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

*Mark only one oval.*

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

14. During the past 30 days... \*

*Check all that apply.*

	Not at all	A little bit	Somewhat	Quite a bit	A tremendous amount
<b>To what extent were you able to stand up for yourself without putting others down?</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<b>To what extent were you able to disagree with others, without starting an argument?</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Emotion Regulation

Emotion Regulation: How well students regulate their emotions.





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

*Mark only one oval.*

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

17. When things go wrong for you, how calm are you able to stay? \*

*Mark only one oval.*

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

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