

# 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.

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\* Required

1. Email \*

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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 |
|---|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <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.

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

Mark only one oval per row.

|   | Almost<br>Never       | Once in<br>awhile     | Sometimes             | Often                 | Almost all the<br>time |
|---|-----------------------|-----------------------|-----------------------|-----------------------|------------------------|
| <b>How often did you come to class prepared?</b>  | <input type="radio"/>  |
| <b>How often did you follow directions in class?</b>  | <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"/>  |
| <b>How often did you pay attention and resist distractions?</b>                                   | <input type="radio"/>  |
| <b>When you were working independently, how often did you stay focused?</b>                       | <input type="radio"/>  |
| <b>How often did you remain calm, even when someone was bothering you or saying bad things?</b>   | <input type="radio"/>  |
| <b>How often did you allow others to speak without interruption?</b>                              | <input type="radio"/>  |
| <b>How often were you polite to adults?</b>   | <input type="radio"/>  |
| <b>How often were you polite to other students?</b>   | <input type="radio"/>  |
| <b>How often did you keep your temper in check?</b>   | <input type="radio"/>  |

Social  
Awareness

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

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.*

- Did not care at all
- 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

13. 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 respectful 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   |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <b>To what extent were you able to stand up for yourself without putting others down?</b> | <input type="radio"/> |
| <b>To what extent were you able to disagree with others without starting an argument?</b> | <input type="radio"/> |

Self-Efficacy

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

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   |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <b>How confident are you that you can complete all the work that is assigned in your classes?</b>         | <input type="radio"/> |
| <b>When complicated ideas are presented in class, how confident are you that you can understand them?</b> | <input type="radio"/> |
| <b>How confident are you that you can learn all the material presented in your classes?</b>               | <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"/> |
| <b>How confident are you that you will remember what you learned in your current classes, next year?</b>  | <input type="radio"/> |

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         |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <b>How often are you able to pull yourself out of a bad mood?</b>           | <input type="radio"/> |
| <b>How often are you able to control your emotions when you need to?</b>    | <input type="radio"/> |
| <b>Once you get upset, how often are you able to get yourself to relax?</b> | <input type="radio"/> |

19. 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

20. 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

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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