

SEL

* Required

1. I feel like I can accomplish my goals *

Mark only one oval.

Not at all



1



2



3



4



5



Very well



2. I value my education *

Mark only one oval.

Not at all



1



2



3



4



5



Very well



3. I keep trying even when things become difficult *

Mark only one oval.

Not at all



1



2



3



4



5



Very well



4. I can control my emotions *

Mark only one oval.

Not at all



1



2



3



4



5



Very well



5. I can be successful *

Mark only one oval.

Not at all

1

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3

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5

Very well

6. I have a peer that I trust

Mark only one oval.

Not at all

1

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Very well

7. I have an adult that I trust

Mark only one oval.

Not at all

1

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5

Very Well

8. I have a healthy lifestyle

Mark only one oval.

Not at all

1

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Very well

9. I know that my behaviors can impact their thoughts about me *

Mark only one oval.

Not at all



1



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5



Very well



10. I can handle change appropriately *

Mark only one oval.

Not at all



1



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4



5



Very well



11. I care about how other people are feeling

Mark only one oval.

Not at all



1



2



3



4



5



Very well



12. I know how to change my behaviors for different situations *

Mark only one oval.

Not at all



1



2



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4



5



Very well



13. I know how to manage conflicts with my peers *

Mark only one oval.

Not at all



1



2



3



4



5



Very well



14. I know how to manage conflicts with adults *

Mark only one oval.

Not at all



1



2



3



4



5



Very well



15. I know how to appropriately express my feelings *

Mark only one oval.

Not at all



1



2



3



4



5



Very Well



16. I have ways to help with my stress *

Mark only one oval.

Not at all



1



2



3



4



5



Very well



17. I respond to feedback appropriately *

Mark only one oval.

Not at all

1

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Very well

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