

7th & 8th Grade SEL questions given three times a year:

SEL = Social Emotional Learning

1. I can achieve a lot if I work for it.
2. When I'm faced with a challenge or obstacle, I can find resources or tools to help me succeed.
3. I can express gratitude for the things I have and opportunities in my life.
4. I can learn the names of all my classmates.
5. I can think about what I want for my future and what it takes to get there.
6. When I am frustrated or feel like quitting, I can do what it takes to not give up.
7. I can be honest, even if it's challenging at times.
8. I can take responsibility when something goes wrong.
9. When I am feeling stressed, I am able cope and calm down.
10. I can set and achieve goals to help me be more successful.
11. I can get along with others, even if we have differences.
12. I appreciate that everyone is different.
13. I can be compassionate and understanding of what someone else is going through.
14. I can refrain from gossip.
15. I can be caring, generous, and considerate.
16. I can include others.
17. I can give and receive compliments from my classmates.
18. If someone has a different opinion than me, I can listen to their side of the story.
19. I can find common ground with others who seem different than me.
20. I can cooperate with others.
21. I can effectively communicate how I feel.
22. I can be a good friend.
23. I can use listening skills when talking to others.
24. I can treat all people with respect and dignity.

High School SEL questions given three times a year:

1. I can determine the things I value in life.
2. I can do uncomfortable things and expand my comfort zone.
3. I am able to practice having a growth mindset.
4. I can do things to take care of my emotional health and well-being.
5. I can manage the anxious thoughts I sometimes have.
6. I am capable of learning new things from others.
7. I am able to speak positive words to myself and others.
8. I am able to cope in stressful situations.
9. I am able to manage my emotions.
10. I am able to make a plan to set goals.
11. I can manage my time and use it wisely.
12. I can build relationships with my peers and teachers by showing respect for others.
13. I can be a part of creating a positive school community.
14. I can listen to other opinions even if I do not agree.
15. I can give a sincere apology.
16. I can turn a negative attitude into a positive one.
17. I can see the importance of making good choices now so my future will have a good outcome.
18. I can take responsibility for the outcomes in my life.
19. When faced with a difficult task or challenge, I can work hard to accomplish it.
20. I feel like there is at least one adult in school who cares about me.