## Student wellbeing survey

To be completed by the student with the teacher.

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| --- | --- |
| Your name: |  |
| Today’s date: |  |
| Name of teacher: |  |
| When you think about school, what pops into your head? Write down the first words or sentences that you think of: | |
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|  | |

Below are statements about you. You can agree or disagree with them. Please read each statement carefully and tick the box that best reflects what is most true for you.

Choose the response that best describes how you usually think about yourself, not how you might think in the future.

| **To what extend do you agree or disagree with the following statements?** | **Strongly disagree** | **Disagree** | **Neutral** | **Agree** | **Strongly agree** | **Don’t know** |
| --- | --- | --- | --- | --- | --- | --- |
| Sometimes, I do not feel in control of my schoolwork |  |  |  |  |  |  |
| I generally complete school tasks successfully |  |  |  |  |  |  |
| I feel positive about my future work life |  |  |  |  |  |  |
| I am filled with doubts about my abilities |  |  |  |  |  |  |
| I am generally good with numbers |  |  |  |  |  |  |
| I like to read books |  |  |  |  |  |  |
| I am capable of coping with most of my problems at school |  |  |  |  |  |  |
| I have a dark outlook on the future |  |  |  |  |  |  |
| I get on well with lots of different people |  |  |  |  |  |  |
| I determine what will happen in my school life |  |  |  |  |  |  |
| I feel comfortable with myself |  |  |  |  |  |  |
| I generally like school |  |  |  |  |  |  |
| Sometimes when I fail I feel worthless |  |  |  |  |  |  |
| I look at the bright side of life |  |  |  |  |  |  |
| I am often in a bad mood |  |  |  |  |  |  |
| I see lots of options for myself beyond school |  |  |  |  |  |  |
| I generally get the success I deserve in my school life |  |  |  |  |  |  |
| Other people my own age generally like me |  |  |  |  |  |  |
| When I try, I generally succeed at school |  |  |  |  |  |  |
| There are times at school when things look pretty hopeless to me |  |  |  |  |  |  |
| I see difficulties everywhere |  |  |  |  |  |  |
| I use the internet to learn new things about the world |  |  |  |  |  |  |
| I try to be nice to other people |  |  |  |  |  |  |
| I am generally good at reading |  |  |  |  |  |  |
| I do not feel in control of my success in school |  |  |  |  |  |  |
| Overall, I am satisfied with myself |  |  |  |  |  |  |
| I don't like to learn new things |  |  |  |  |  |  |
| I just know that I will be a success |  |  |  |  |  |  |
| I am excited when I learn something new |  |  |  |  |  |  |