SEL Assessment Preview

Grade 9–12

1. I know how to stop arguments with other people from getting out of hand.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Social Skills

Rethink Topic: Conflict Resolution

2. I am very good at understanding what other people are feeling.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Social Awareness

Rethink Topic: Empathy

3. I am really good at being aware of my emotions.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Awareness of Self & Others

Rethink Topic: Emotions

4. I have a lot to contribute to my class.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Self-Care

Rethink Topic: Self-Efficacy

5. I stay focused in class even when I have a lot to worry about.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Self-Management

Rethink Topic: Stress Management

6. I am good at learning new things.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Self-Care

Rethink Topic: Self-Efficacy

7. I think about the consequences before deciding to do something.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Social Awareness

Rethink Topic: Actions & Consequences

8. It bothers me very much when one of my friends is upset.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Social Awareness

Rethink Topic: Empathy

9. It bothers me when other people do things that are wrong or unethical.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Social Awareness

Rethink Topic: Social Contributions

10. I can calm myself down if I feel stressed at school.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Self-Management

Rethink Topic: Stress Management

11. I get along well with other people.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Social Skills

Rethink Topic: Relationships

12. I avoid doing things that are dangerous.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Self-Care

Rethink Topic: Healthy Boundaries

13. I am a good listener.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Social Skills

Rethink Topic: Relationships

14. My teachers would say that I make good decisions.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Self-Management

Rethink Topic: Problem Solving

15. When I have a problem at school, I am good at figuring out what to do.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Self-Management

Rethink Topic: Goal Setting

16. My teachers would describe me as someone who is very helpful.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Social Skills

Rethink Topic: Social Contributions

17. I can understand how another person sees a situation even if I see it differently.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Social Awareness

Rethink Topic: Empathy

18. I am excited about my future.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Self-Care

Rethink Topic: Optimism

19. My way of studying for tests is very effective.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Self-Management

Rethink Topic: Problem Solving

20. I work very well with other students.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Social Skills

Rethink Topic: Cooperation

21. I stay calm when I come across a problem that is hard to solve.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Self-Management

Rethink Topic: Resilience

22. I am careful about how I act when I am angry or upset.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Awareness of Self & Others

Rethink Topic: Emotions

23. I like who I am as a person.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Self-Care

Rethink Topic: Self-Efficacy

24. I have a very clear sense of what I need to do to succeed in all of my classes.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Self-Management

Rethink Topic: Goal Setting

25. When I work in a group or team I get along well with everyone.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Social Skills

Rethink Topic: Cooperation

26. My classmates would say that I am good at making good decisions.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Social Awareness

Rethink Topic: Safe & Ethical Behavior

27. I can concentrate in class for long periods of time.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Self-Management

Rethink Topic: Focus

28. I am confident that I can deal with problems in my life.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Self-Care

Rethink Topic: Optimism

29. I pay a lot of attention to details in my school work.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Self-Management

Rethink Topic: Focus

30. I apologize when I've accidentally hurt someone.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Social Awareness

Rethink Topic: Empathy

31. I help people who ask me to help them with something at school.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Social Skills

Rethink Topic: Cooperation

32. I feel sorry for people who seem to be sad or unhappy about something.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Social Awareness

Rethink Topic: Empathy

33. I am well behaved at school.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Social Skills

Rethink Topic: Respect

34. I am really good at resisting peer pressure.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Social Skills

Rethink Topic: Safe & Ethical Behavior

35. I am very motivated to learn as much as I can in all of my classes.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Self-Management

Rethink Topic: Goal Setting

36. I ask for help when I need it.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Self-Management

Rethink Topic: Problem Solving

37. At school, I can do anything well if I put my mind to it.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Awareness of Self & Others

Rethink Topic: Growth Mindset

38. When I feel sad or angry, I understand why I feel that way.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Awareness of Self & Others

Rethink Topic: Emotions

39. I often worry about the feelings of my friends.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Social Awareness

Rethink Topic: Empathy

40. I think about whether or not a behavior is safe before I decide to do it.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Self-Care

Rethink Topic: Healthy Boundaries

41. I work hard to avoid making the same bad decision twice.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Self-Management

Rethink Topic: Resilience

42. My family can count on me to make responsible decisions.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Social Awareness

Rethink Topic: Safe & Ethical Behavior

43. If I saw two of my friends arguing, I would try to stop the argument.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Social Skills

Rethink Topic: Conflict Resolution

44. I am sure about how to behave in most situations.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Social Awareness

Rethink Topic: Safe & Ethical Behavior

45. I can keep my emotions under control.

Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Rethink Domain: Self-Management

Rethink Topic: Self-Control