

School Can Be Hard! How Can We Help?

This survey is anonymous. Therefore, responses cannot be traced back to you. If you are in need of immediate services, please contact a trusted school adult, who can put you in contact with the appropriate personnel.

* Required

What grade will you be entering in September 2019? *

- 9 - Freshman
- 10 - Sophomore
- 11 - Junior
- 12 - Senior

Overall, how would you rate your level of stress? *

1 2 3 4 5

Not stressed at all Very stressed

In your opinion, what is most stressful about school? *

- Social situations (i.e.- Entering the cafeteria, walking through the halls, classroom presentations)
- Academic pressures (i.e.- Having two tests on the same day, state testing, difficult classes)
- Behavioral struggles (i.e.- Can't stay seated for 80 minutes, discipline issues)
- Safety (i.e.- Bullying, discrimination, violence)
- Other
- Nothing. School is not stressful for me.

Based on your previous answer (social situations, academic pressures, behavioral struggles, safety, other), please explain what is most stressful. *

Your answer

How do you cope with stress? *

- Talk with friends/family
- Enjoy a hobby
- Exercise
- Take a nap
- Write/read
- Listen to music
- Avoid the stressful situation
- Speak with a teacher or counselor in school
- Other

If you answered "other" to the question above, please explain how you cope with stress.

Your answer

When stressed, do you know with whom you can speak in school? *

- Yes
- No
- Maybe, I know how to find out

In your opinion, what can Lakeland do to help alleviate your stressors? *

Your answer
