



Tripod's Social and Emotional Competency Survey for Students



SUMMARY OF DOMAINS

Standard Domains	Number of Items
Self-Awareness	4
Self-Management	5
Social Awareness	3
Relationship Skills	3
Responsible Decision-Making	4
Optional Measures	3-20

SURVEY ITEMS (SECONDARY)

CORE MEASURES

How true are each of the following statements for you? <i>Response options for all items below: Totally Untrue; Mostly Untrue; Somewhat; Mostly True; Totally True</i>	
Self-Awareness	I am not always sure what emotions I am feeling. (Reversed.)
Self-Awareness	When I am upset, I don't know if I am sad, scared, anxious, or mad. (Reversed.)
Self-Awareness	I have feelings that I can't always identify. (Reversed.)
Self-Awareness	I often don't know why I feel the way I do. (Reversed.)
Self-Management	I put off working on projects until the last minute. (Reversed.)
Self-Management	When I'm studying, I often find it difficult to concentrate. (Reversed.)
Self-Management	I often blurt out answers before my teacher calls on me. (Reversed.)
Self-Management	The more I try to stop myself from doing something I shouldn't, the more likely I am to do it. (Reversed.)
Self-Management	I have a hard time calming myself down when I feel upset. (Reversed.)
Social Awareness	When one of my friends is angry, I usually understand why.
Social Awareness	When one of my friends is sad, I usually understand why.
Social Awareness	When one of my friends cries, I usually understand what has happened.
Relationship Skills	It is easy for me to become friends with other people my age.
Relationship Skills	I always listen carefully to other people's point of view.
Relationship Skills	Other people always understand me when I talk about my thoughts and feelings.

<p>When you are having a problem, how often do you?</p> <p><i>Response options for all items below: Never; Rarely; Sometimes; Often; Always</i></p>	
Responsible Decision-Making	Look for information to help you understand the problem.
Responsible Decision-Making	Think about different ways to solve the problem.
Responsible Decision-Making	Think about what is good and bad about different solutions to the problem before making a decision.
Responsible Decision-Making	Make a plan to solve the problem using all the information you have.

OPTIONAL MEASURES

How true are each of the following statements for you? <i>Response options for all items below: Totally Untrue; Mostly Untrue; Somewhat; Mostly True; Totally True</i>	
Positive Regard	I feel positively about my race.
Positive Regard	I am proud to be a member of my racial group.
Positive Regard	If I could choose my race, I would choose to be the same race that I am.
Growth Mindset	If I am not naturally smart in a subject, I will never do well in it. (Reversed.)
Growth Mindset	My intelligence is something that I can't change very much. (Reversed.)
Growth Mindset	Challenging myself won't make me any smarter. (Reversed.)
Susceptibility to Peer Pressure	I sometimes hold back from doing my best, because of what other students might say or think.
Susceptibility to Peer Pressure	I do things I don't want to do because of pressure from other students.
Susceptibility to Peer Pressure	I sometimes pretend I'm not trying hard when I really am, because of what other students might say or think.
Future Orientation	I think a lot about my future.
Future Orientation	I have a clear purpose in my life--I know the types of things I want to achieve.
Future Orientation	I have a plan for my life that I expect to achieve.
Other Group Orientation	At school, I don't try to become friends with people from other racial or ethnic groups. (Reversed.)
Other Group Orientation	At school, I enjoy being around people from racial or ethnic groups different than my own.
Other Group Orientation	At school, I like meeting and getting to know people from racial or ethnic groups different than my own.

How often do you feel it is OK for you to: <i>Response options for all items below: It is never OK; It is rarely OK; It is sometimes OK; It is often OK; It is always OK</i>	
Integrity	Copy someone else's homework? (Reversed.)
Integrity	Cheat on a test? (Reversed.)
Integrity	Skip school for an entire day? (Reversed.)
Integrity	Cut or skip a couple of classes? (Reversed.)
Integrity	Find an answer on the internet when you were supposed to figure it out yourself? (Reversed.)

SURVEY ITEMS (UPPER ELEMENTARY)

CORE MEASURES

How true are each of the following statements for you? <i>Response options for all items below: Totally Untrue; Mostly Untrue; Somewhat; Mostly True; Totally True</i>	
Self-Awareness	I am not always sure what emotions I am feeling. (Reversed.)
Self-Awareness	When I am upset, I don't know if I am sad, scared, nervous, or mad. (Reversed.)
Self-Awareness	I can't always name my feelings. (Reversed.)
Self-Awareness	I often don't know why I feel the way I do. (Reversed.)
Self-Management	I wait until the last minute to do my school work. (Reversed.)
Self-Management	When I am doing school work, I often find it difficult to concentrate. (Reversed.)
Self-Management	I often yell out answers before my teacher calls on me. (Reversed.)
Self-Management	It is hard to keep myself from doing what I want to do even if I know that I shouldn't do it. (Reversed.)
Self-Management	I have a hard time calming myself down when I feel upset. (Reversed.)
Social Awareness	When one of my friends is angry, I usually understand why.
Social Awareness	When one of my friends is sad, I usually understand why.
Social Awareness	When one of my friends cries, I usually understand what has happened.
Relationship Skills	It is easy for me to become friends with other people my age.
Relationship Skills	I always listen carefully to other people's point of view.
Relationship Skills	Other people always understand me when I talk about my thoughts and feelings.

When you are having a problem, how often do you? <i>Response options for all items below: Never; Rarely; Sometimes; Often; Always</i>	
Responsible Decision-Making	Look for information to help you understand the problem.
Responsible Decision-Making	Think about different ways to solve the problem.
Responsible Decision-Making	Think about what is good and bad about different solutions to the problem.
Responsible Decision-Making	Make a plan to solve the problem using all the information you have.

OPTIONAL MEASURES

How true are each of the following statements for you? <i>Response options for all items below: Totally Untrue; Mostly Untrue; Somewhat; Mostly True; Totally True</i>	
Positive Regard	I like my skin color.
Positive Regard	I am proud to be part of the group of people who share my skin color.
Positive Regard	If I could choose my skin color, I would choose to have the same skin color that I do now.
Growth Mindset	I can change how smart I am.
Growth Mindset	Trying difficult school work will make me smarter.
Growth Mindset	If I am not already doing well in a subject, I will never do well in it. (Reversed.)
Susceptibility to Peer Pressure	I sometimes hold back from doing my best, because of what other students might say or think.
Susceptibility to Peer Pressure	I sometimes pretend I'm not trying hard when I really am, because of what other students might say or think.
Susceptibility to Peer Pressure	I do things I don't want to do because of pressure from other students.
Future Orientation	I think a lot about what I want to do when I am a grown-up.
Future Orientation	I know what I want to do in life.
Future Orientation	I have a plan for my life that I will achieve.
Other Group Orientation	At school, I try to become friends with people whose skin color or culture are different than my own.
Other Group Orientation	At school, I like being around people whose skin color or culture are different than my own.
Other Group Orientation	At school, I like meeting and getting to know people whose skin color or culture are different than my own.

How often do you feel it is OK for you to: <i>Response options for all items below: It is never OK; It is rarely OK; It is sometimes OK; It is often OK; It is always OK</i>	
Integrity	Copy someone else's homework? (Reversed.)
Integrity	Cheat on a test? (Reversed.)
Integrity	Get permission to stay home from school when you just don't feel like going? (Reversed.)
Integrity	Leave class when you feel like it? (Reversed.)
Integrity	Ask someone to tell you the answer to a question you were supposed to figure out by yourself? (Reversed.)