

Student Survey

Today's Date: _____

Please rate the following self-reflection questions. Your responses are anonymous, and your honesty helps us create meaningful programs.

Rate your responses based on the following scale. Only choose one number per question.

- 1- Strongly Disagree
- 2- Disagree
- 3- Slightly disagree
- 4- Neutral
- 5- Slightly Agree
- 6- Agree
- 7- Strongly Agree

I am able to recognize feelings and emotions happening in my body (Anxiety, Anger, Sadness, Overwhelm)

1 2 3 4 5 6 7

I have strategies that help me find a sense of calm when I begin to feel anxious, angry, sad, or overwhelmed.

1 2 3 4 5 6 7

I feel settled in my body and am able to focus on what is happening in the moment.

1 2 3 4 5 6 7

I feel capable of pausing before I react to challenging situations so that I can think about solutions objectively.

1 2 3 4 5 6 7

I feel comfortable setting with undesirable emotions in my body without needing to respond or react quickly.

1 2 3 4 5 6 7