

CARES: Comprehensive Assessment of Resilience and Emotional Strengths

The Student Support Team at your school is reaching out to check on how you've been feeling lately. We have created a survey to help our school staff support your well-being and academic success. This survey focuses on improving your overall school experience.

Please read each question carefully and choose the response that best reflects your feelings. Your honesty is crucial, and there are no right or wrong answers. You can skip any questions that you prefer not to answer.

Your responses are confidential and will only be viewed by the school Student Support Team. Please take a moment to complete this student wellness check-in survey and share how you've been feeling over the past few weeks.

Your well-being is very important to us!

Thank you,
Student Support Team

[Required]

1. What is your grade?

- A) 6
- B) 7
- C) 8
- D) 9
- E) 10
- F) 11
- G) 12

[Required]

2. Please enter your student identification number. _____

[Required]

3. Do you agree to participate in this survey?

- A) Yes, I will complete the survey.
- B) No, I decline to take the survey.

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4. I would describe my satisfaction with MY FAMILY LIFE as:
 - A) Very dissatisfied
 - B) Dissatisfied
 - C) A little dissatisfied
 - D) A little satisfied
 - E) Satisfied
 - F) Very satisfied

5. I would describe my satisfaction with MY FRIENDSHIPS as:
 - A) Very dissatisfied
 - B) Dissatisfied
 - C) A little dissatisfied
 - D) A little satisfied
 - E) Satisfied
 - F) Very satisfied

6. I would describe my satisfaction with MY SCHOOL EXPERIENCE as:
 - A) Very dissatisfied
 - B) Dissatisfied
 - C) A little dissatisfied
 - D) A little satisfied
 - E) Satisfied
 - F) Very satisfied

7. I would describe my satisfaction with MYSELF as:
 - A) Very dissatisfied
 - B) Dissatisfied
 - C) A little dissatisfied
 - D) A little satisfied
 - E) Satisfied
 - F) Very satisfied

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8. I would describe my satisfaction with WHERE I LIVE as:
- A) Very dissatisfied
 - B) Dissatisfied
 - C) A little dissatisfied
 - D) A little satisfied
 - E) Satisfied
 - F) Very satisfied
9. In the past month, I had a hard time relaxing.
- A) Not at all true
 - B) A little true
 - C) Pretty much true
 - D) Very much true
10. In the past month, I felt sad and down.
- A) Not at all true
 - B) A little true
 - C) Pretty much true
 - D) Very much true
11. In the past month, I was easily irritated.
- A) Not at all true
 - B) A little true
 - C) Pretty much true
 - D) Very much true
12. In the past month, it was hard for me to cope, and I thought I would panic.
- A) Not at all true
 - B) A little true
 - C) Pretty much true
 - D) Very much true

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13. In the past month, it was hard for me to get excited about anything.

- A) Not at all true
- B) A little true
- C) Pretty much true
- D) Very much true

14. I feel close to people at this school.

- A) Strongly disagree
- B) Disagree
- C) Neither disagree or agree
- D) Agree
- E) Strongly agree

15. I am happy to be at this school.

- A) Strongly disagree
- B) Disagree
- C) Neither disagree or agree
- D) Agree
- E) Strongly agree

16. I feel like I am part of this school.

- A) Strongly disagree
- B) Disagree
- C) Neither disagree or agree
- D) Agree
- E) Strongly agree

17. The teachers at this school treat students fairly.

- A) Strongly disagree
- B) Disagree
- C) Neither disagree or agree
- D) Agree
- E) Strongly agree

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18. I feel safe in my school.
- A) Strongly disagree
 - B) Disagree
 - C) Neither disagree or agree
 - D) Agree
 - E) Strongly agree
19. I can do most things if I try.
- A) Not at all true
 - B) A little true
 - C) Pretty much true
 - D) Very much true
20. I understand my moods and feelings.
- A) Not at all true
 - B) A little true
 - C) Pretty much true
 - D) Very much true
21. I try to answer all the questions asked in class.
- A) Not at all true
 - B) A little true
 - C) Pretty much true
 - D) Very much true
22. At my school, there is a teacher or some other adult who always wants me to do my best.
- A) Not at all true
 - B) A little true
 - C) Pretty much true
 - D) Very much true

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23. My family really gets along well with each other.
- A) Not at all true
 - B) A little true
 - C) Pretty much true
 - D) Very much true
24. I have a friend my age who helps me when I'm having a hard time.
- A) Not at all true
 - B) A little true
 - C) Pretty much true
 - D) Very much true
25. I accept responsibility for my actions.
- A) Not at all true
 - B) A little true
 - C) Pretty much true
 - D) Very much true
26. I try to understand what other people go through.
- A) Not at all true
 - B) A little true
 - C) Pretty much true
 - D) Very much true
27. I think before I act.
- A) Not at all true
 - B) A little true
 - C) Pretty much true
 - D) Very much true
28. I usually expect to have a good day.
- A) Not at all true
 - B) A little true
 - C) Pretty much true
 - D) Very much true

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29. On most days, I feel grateful.

- A) Not at all true
- B) A little true
- C) Pretty much true
- D) Very much true

30. On most days, I feel active.

- A) Not at all true
- B) A little true
- C) Pretty much true
- D) Very much true

31. How would you rate your overall mental health and well-being at the present time? (Poor mental health includes excessive stress, anxiety, and depression.)

Very Poor				Fair				Excellent			
0	1	2	3	4	5	6	7	8	9	10	

Slide to answer

32. Which are your favorite school subjects? (You can select one or more.)

- A) Languages
- B) Social Studies
- C) PE
- D) Arts
- E) Math
- F) English
- G) Sciences

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33. Which of these words best describe you? (You can select one or more.)

- A) Curious
- B) Confident
- C) Outgoing
- D) Creative
- E) Determined
- F) Cheerful
- G) Hopeful
- H) Kind
- I) Resourceful
- J) Self-Disciplined

34. How comfortable did you feel about responding honestly to this survey?

	Very Uncomfortable									Completely Comfortable
	0	2	3	4	5	6	7	8	9	10
Slide to answer										

Thank you for participating in our student wellness survey.

If you expressed interest in connecting with a counselor or learning more about our campus wellness program services, we will reach out to you shortly.

Please remember that our campus counseling and wellness program is here to support you at any time, whether you need assistance with your social, emotional, or academic well-being.

Your wellness is our priority, and we are committed to helping you thrive!