

### Student Resilience Survey

Resilience is a core life skill when things go wrong in our lives. We as a school want to understand the factors that help you to be resilient as an individual. For each statement, please put a tick in the box underneath the answer which best describes your thoughts and feelings.

Statements:	Never	Rarely	Sometimes	Often	Always
At home, there is an adult who is interested in my school work.					
At home, there is an adult who believes that I will be a success.					
At home, there is an adult who wants me to do my best.					
At home, there is an adult who listens to me when I have something to say.					
At school, there is an adult who really cares about me.					
At school, there is an adult who tells me when I do a good job.					
At school, there is an adult who listens to me when I have something to say.					
At school, there is an adult who believes that I will be a success.					
Away from school, there is an adult who really cares about me.					
Away from school, there is an adult who tells me when I do a good job.					
Away from school, there is an adult who believes that I will be a success.					
Away from school, there is an adult who I trust.					
I do things at home that make a difference (i.e. I make things better)					
I help my family make decisions.					

Name - \_\_\_\_\_

Class - \_\_\_\_\_

Year - \_\_\_\_\_

Statements:	Never	Rarely	Sometimes	Often	Always
At school, I help decide things like class activities or rules.					
I do things at my school that make a difference (i.e. I make things better)					
I am a member of a club, sports team, church group or other group.					
I take lessons in music, art, sports or another hobby.					
Are there students at your school who would choose you on their team at school?					
Are their students at your school who would explain the rules of a game if you didn't understand them?					
Are there students at your school who would invite you to their home?					
Are there students at your school who would share things with you?					
Are there students at your school who would help you if you hurt yourself?					
Are there students at your school who would miss you if you weren't at school?					
Are there students at your school who would make you feel better if something was bothering you?					
Are there students at your school who would pick you for a partner?					
Are there students at your school who would help you if other students were being mean to you?					
Are there students at your school who would tell you that you are there friend?					

Name - \_\_\_\_\_

Class - \_\_\_\_\_

Year - \_\_\_\_\_

Statements:	Never	Rarely	Sometimes	Often	Always
Are there students at your school who would ask you to join in when you are all alone?					
Are there students at your school who would tell you secrets?					
I help other people.					
I enjoy working with other students.					
I stand up for myself.					
I can work out my problems.					
I can do most things if I try.					
There are many things that I do well.					
I feel bad when someone gets their feelings hurt.					
I try to understand what other people feel.					
I have goals and plans for the future.					
I think I will be successful when I grow up.					

Thank you for completing this survey and for your honesty!