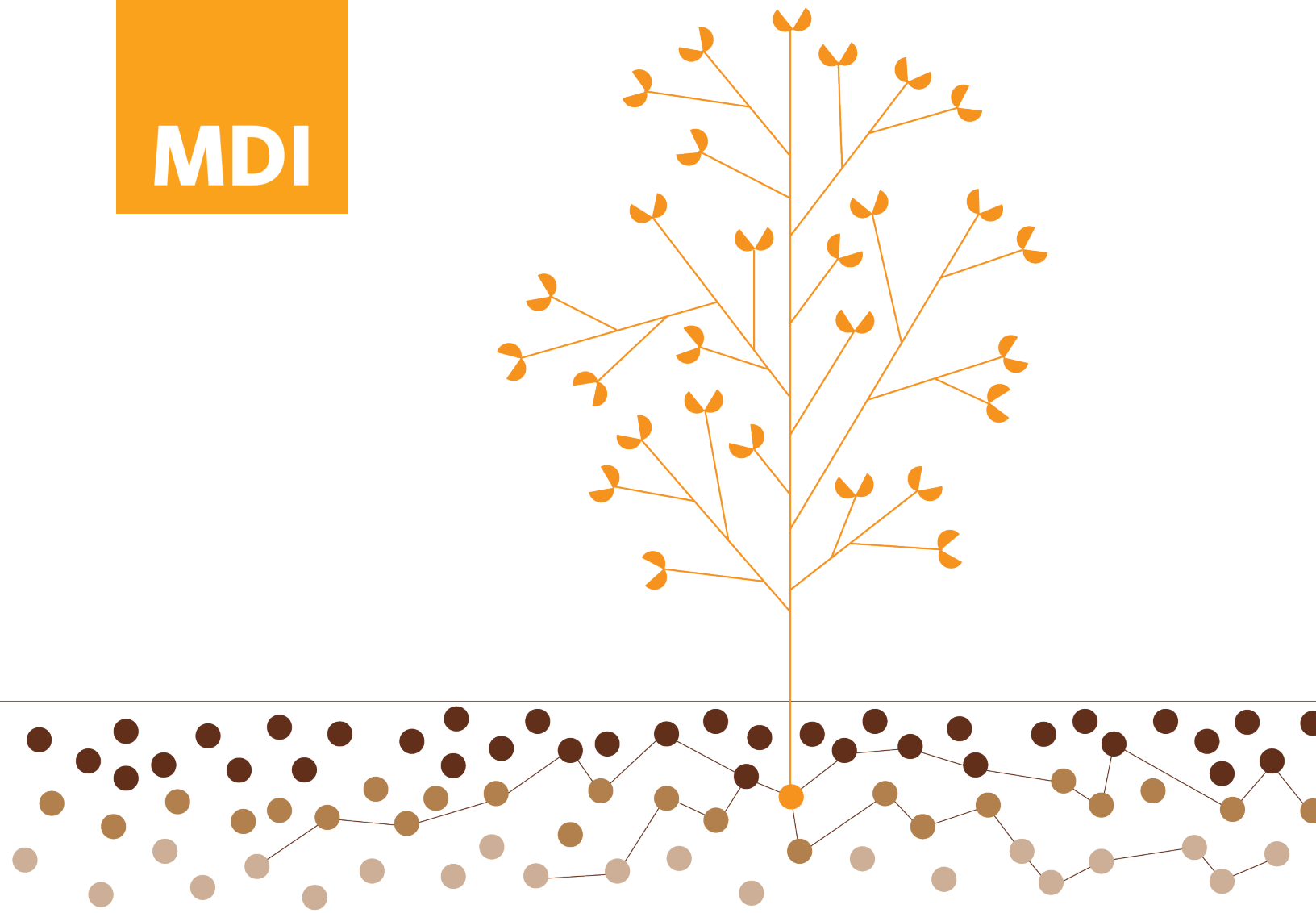
MDI



UNDERSTANDING OUR LIVES

MIDDLE YEARS DEVELOPMENT INSTRUMENT

2026–2027 **SURVEY OF GRADE 4 & 5 STUDENTS**

You can preview the survey online at www.mdi.ubc.ca.

BRITISH COLUMBIA
INSTRUCTIONAL SURVEY

HUMAN EARLY LEARNING PARTNERSHIP

a place of mind UBC

MDI

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Version: Sept 1, 2026
H18-00507-A082

IMPORTANT REMINDERS!

1. Prior to starting the survey, please read the Student Assent on the next page aloud to your students! Students must be given the opportunity to decline and not complete the survey. Students can withdraw anytime by clicking the 

button on every page.

2. Each student has their own login ID and password assigned to them. Students need to know that their answers are confidential, so that they will feel more comfortable answering the questions honestly. It is critical that they know this is **not a test**, and that there are no right or wrong answers.

3. The "Tell us About Yourself" section at the beginning of the survey can be challenging for some students. Please read this section aloud to make sure everybody understands. You know your students best and if you are concerned about their reading level, we suggest you read all of the survey questions aloud to your students.

4. The MDI takes about 45-60 minutes to complete. The "Activities" section is a natural place to break.

Thank you!

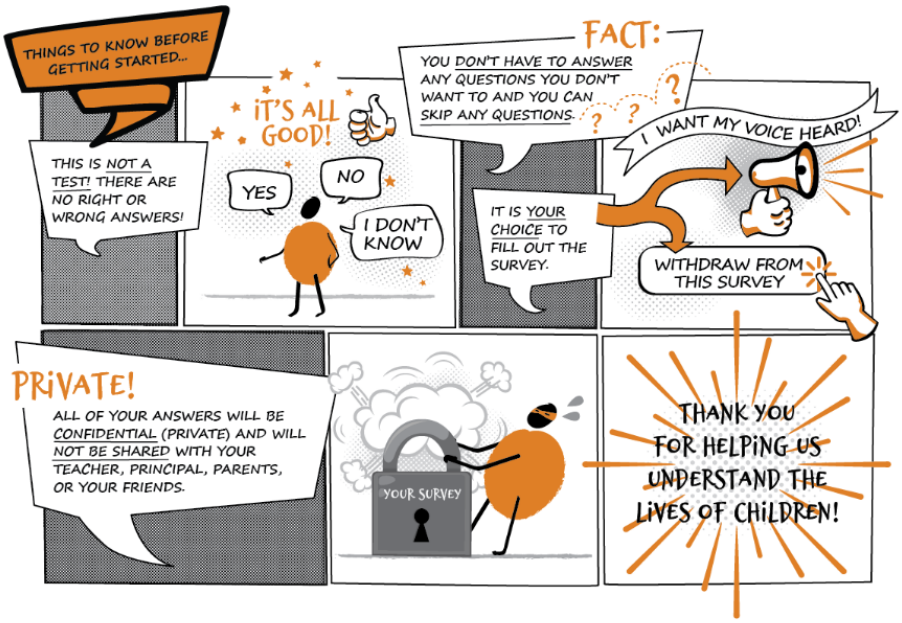
Please read the text below aloud to your students before starting the survey!

STUDENT ASSENT SCRIPT

MDi | STUDENT SURVEY Withdraw from this survey Logout

Understanding Our Lives: The Middle Years Development Instrument Survey

We would like to learn more about the lives of school children in Canada, and the best way to do that is to ask YOU about your life in school and outside of school. It has been a long time since we were your age, so we need you to be our "teachers", so that we can learn more about the lives of children today. To learn about children your age, we would like to ask you some questions about how you think and feel about things in your life and about what you like to do.



Here are some things to know before getting started:

1. This is **not a test!** There are **no right or wrong answers.** Some people think or feel one thing and other people think or feel something else. We want to know what *you* think and how *you* feel. Your answers are VERY IMPORTANT and will help improve activities and programs for children your age.

2. It is **your choice** to fill out the survey. You can choose not to fill out the survey at any time before, during or after your survey is finished, and you will not get in trouble or lose marks. You don't have to answer any questions you don't want to and you can skip any questions. You can withdraw from the survey at any time by clicking on the "Withdraw from this survey" button on every page.

3. It is important for you to know that ALL OF YOUR ANSWERS that you put in this survey will be **confidential (private)** and will **not** be shared with your teacher, principal, parents, or your friends.

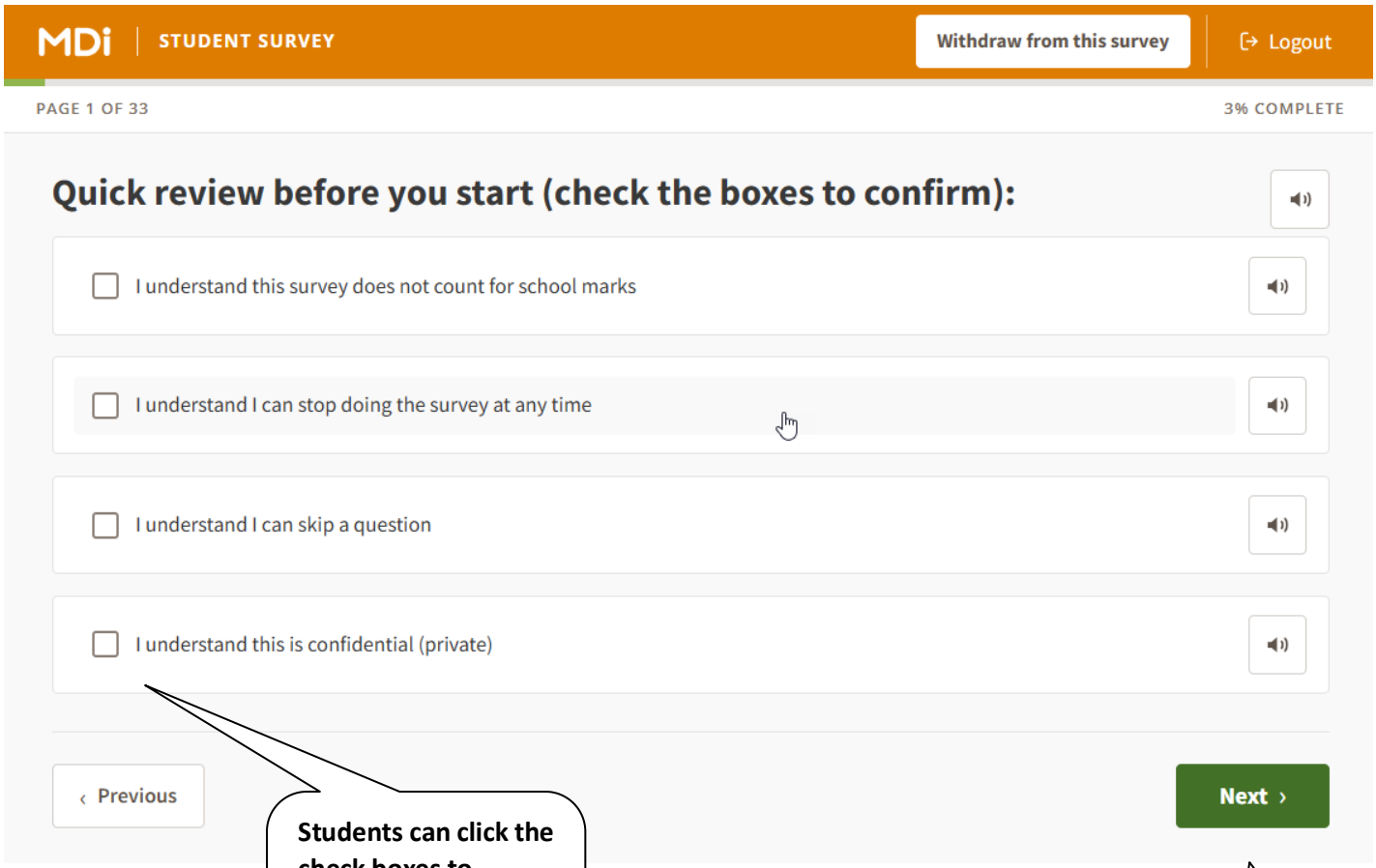
Please answer each question the best you can.

Thank you for your help!

HUMAN EARLY LEARNING PARTNERSHIP

Start Survey ›

Instruct students to click on "Start Survey" to begin.



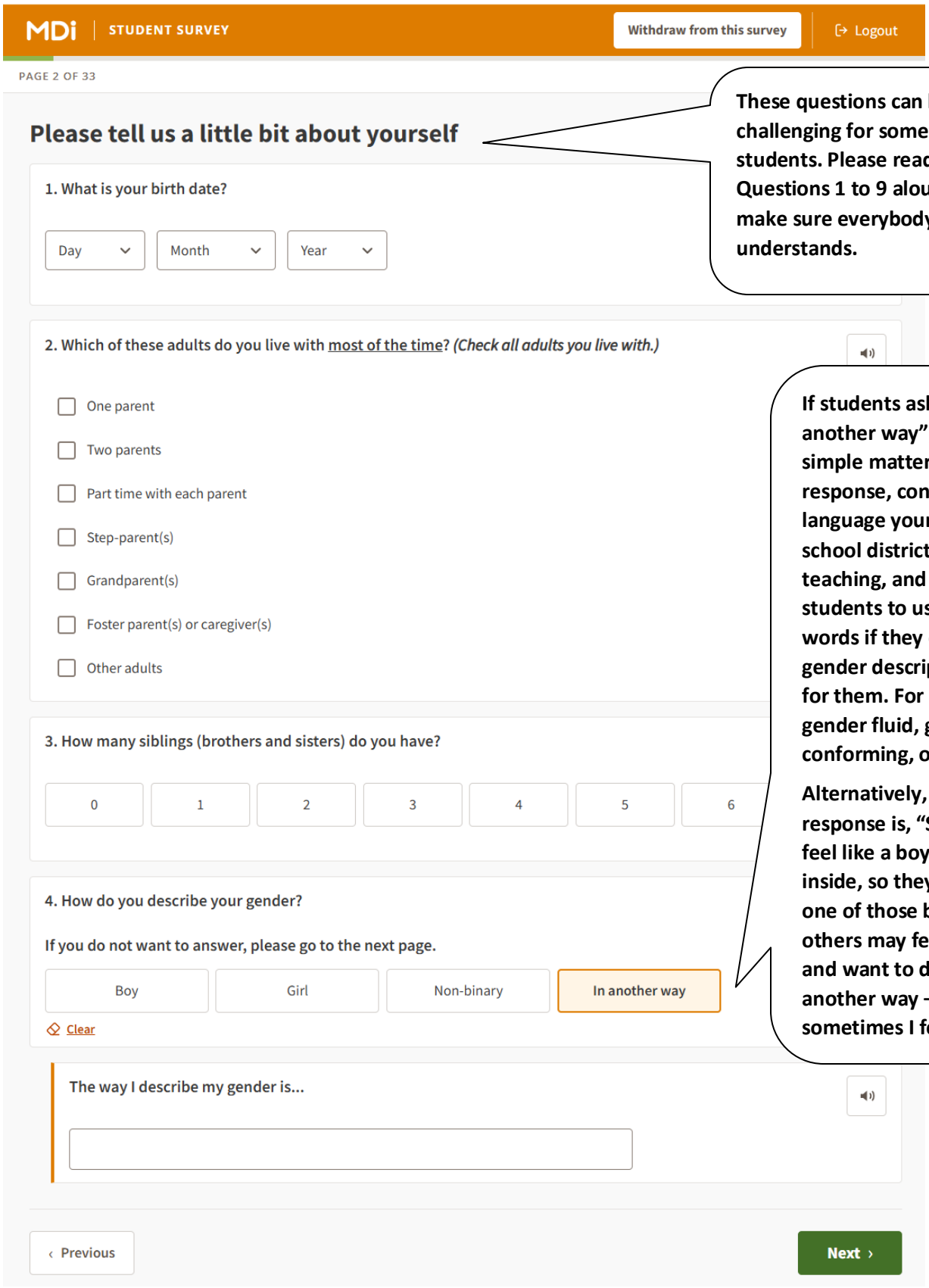
Students can click the check boxes to confirm they understand the Assent Script.

Clicking "Next" saves student responses and moves to the next page.

Please read the Demographic Section of the survey and the instructions with sample questions aloud to your students. After completing the first section they should be able to continue the survey on their own, although some might still need your assistance. You know your students best, and if you are concerned about their reading level, we suggest you read all of the questions aloud to your students.

If your students have headphones, they can click on this icon to hear the question read aloud.

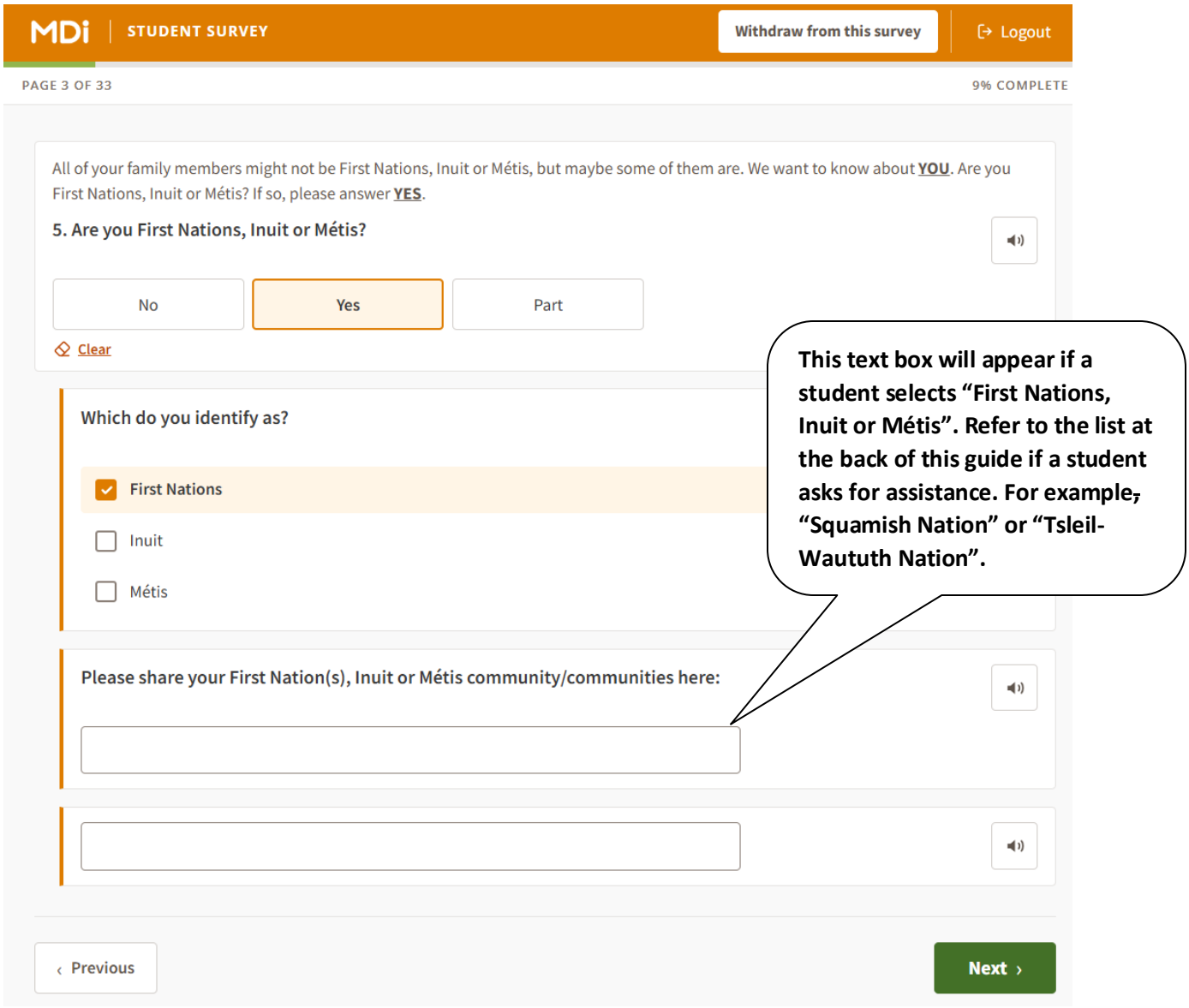




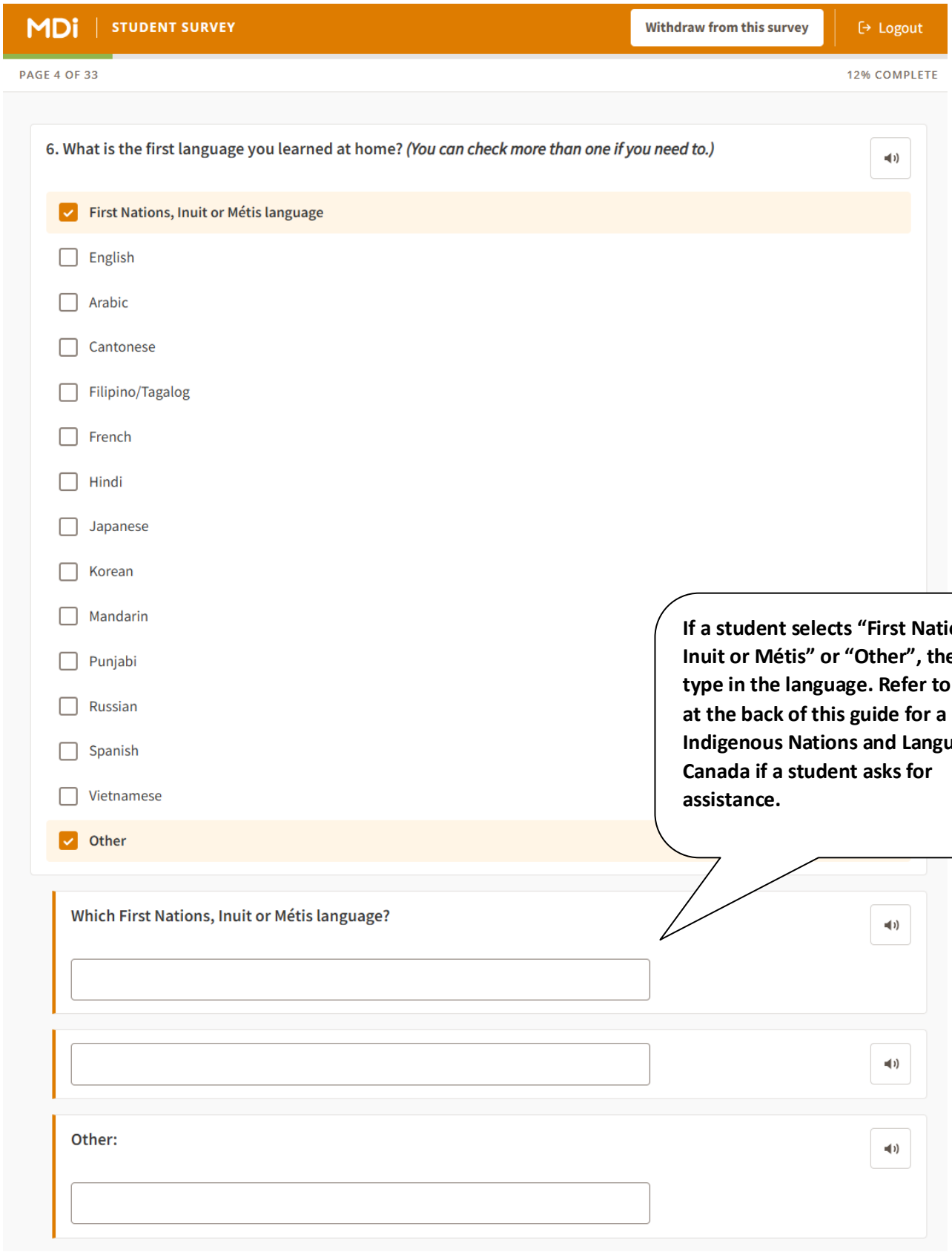
These questions can be challenging for some students. Please read Questions 1 to 9 aloud to make sure everybody understands.

If students ask about "in another way", provide a simple matter-of-fact response, congruent with language your school and school district have been teaching, and advise students to use their own words if they don't see a gender description that fits for them. For example, gender fluid, gender non-conforming, or two-spirit.

Alternatively, a possible response is, "Some people feel like a boy or a girl inside, so they can check one of those boxes. But others may feel differently and want to describe another way – such as sometimes I feel like both,



This text box will appear if a student selects "First Nations, Inuit or Métis". Refer to the list at the back of this guide if a student asks for assistance. For example, "Squamish Nation" or "Tsleil-Waututh Nation".



If a student selects "First Nations, Inuit or Métis" or "Other", they can type in the language. Refer to the list at the back of this guide for a list of Indigenous Nations and Languages in Canada if a student asks for assistance.

7. Which language(s) do you speak at home? *(You can check more than one if you need to.)*

- [x] First Nations, Inuit or Métis language
- [ ] English
- [ ] Arabic
- [ ] Cantonese
- [ ] Filipino/Tagalog
- [ ] French
- [ ] Hindi
- [ ] Japanese
- [ ] Korean
- [ ] Mandarin
- [ ] Punjabi
- [ ] Russian
- [ ] Spanish
- [ ] Vietnamese
- [x] Other

Which First Nations, Inuit or Métis language?

Other:

8. How difficult is it for you to read in English?

Very hard	Hard	Easy	Very easy

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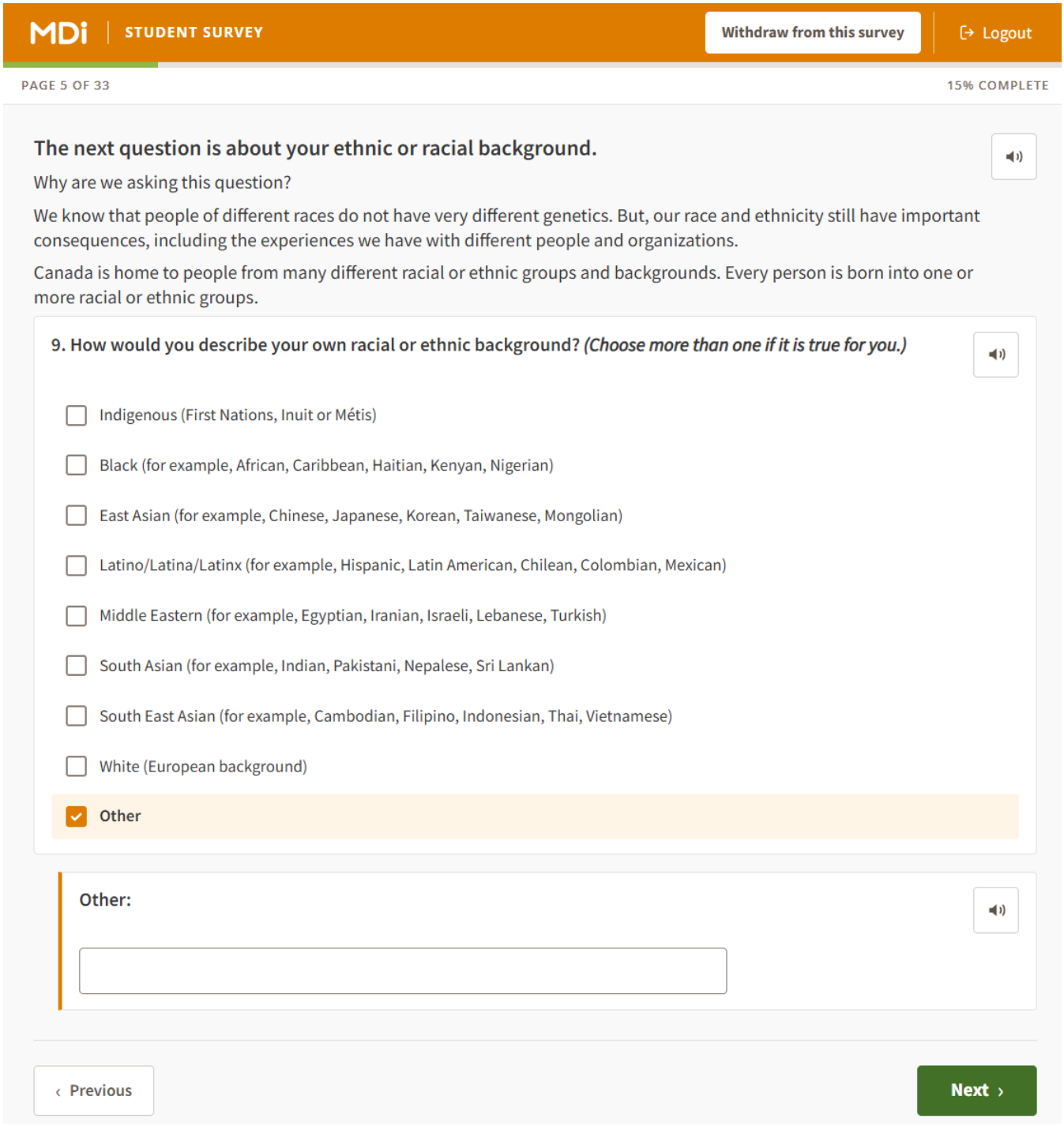
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STUDENT SURVEY
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PAGE 5 OF 33
15% COMPLETE
The next question is about your ethnic or racial background.
Why are we asking this question?
We know that people of different races do not have very different genetics. But, our race and ethnicity still have important consequences, including the experiences we have with different people and organizations.
Canada is home to people from many different racial or ethnic groups and backgrounds. Every person is born into one or more racial or ethnic groups.
9. How would you describe your own racial or ethnic background? (Choose more than one if it is true for you.)
Indigenous (First Nations, Inuit or Métis)
Black (for example, African, Caribbean, Haitian, Kenyan, Nigerian)
East Asian (for example, Chinese, Japanese, Korean, Taiwanese, Mongolian)
Latino/Latina/Latinx (for example, Hispanic, Latin American, Chilean, Colombian, Mexican)
Middle Eastern (for example, Egyptian, Iranian, Israeli, Lebanese, Turkish)
South Asian (for example, Indian, Pakistani, Nepalese, Sri Lankan)
South East Asian (for example, Cambodian, Filipino, Indonesian, Thai, Vietnamese)
White (European background)
Other
Other:
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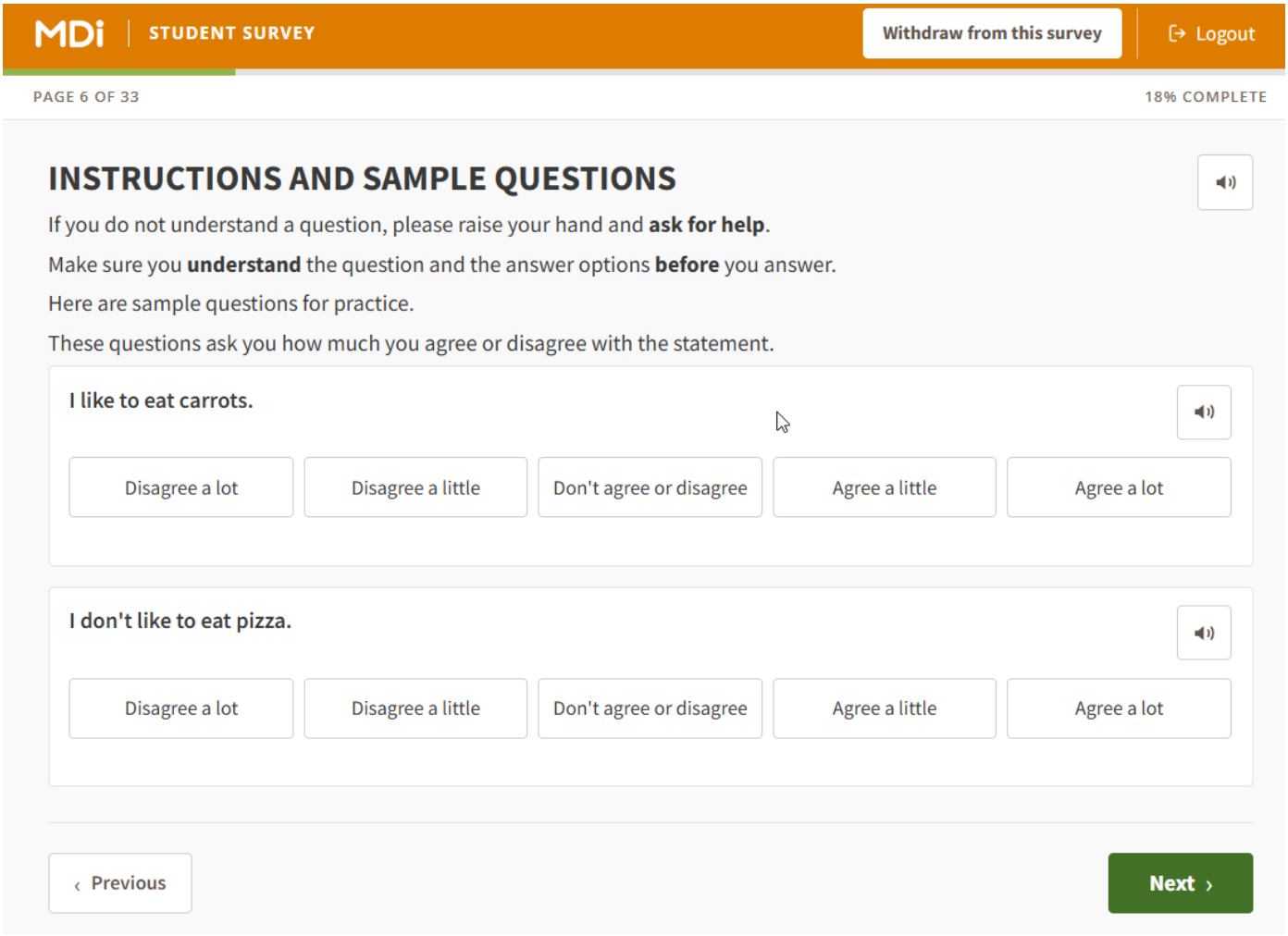
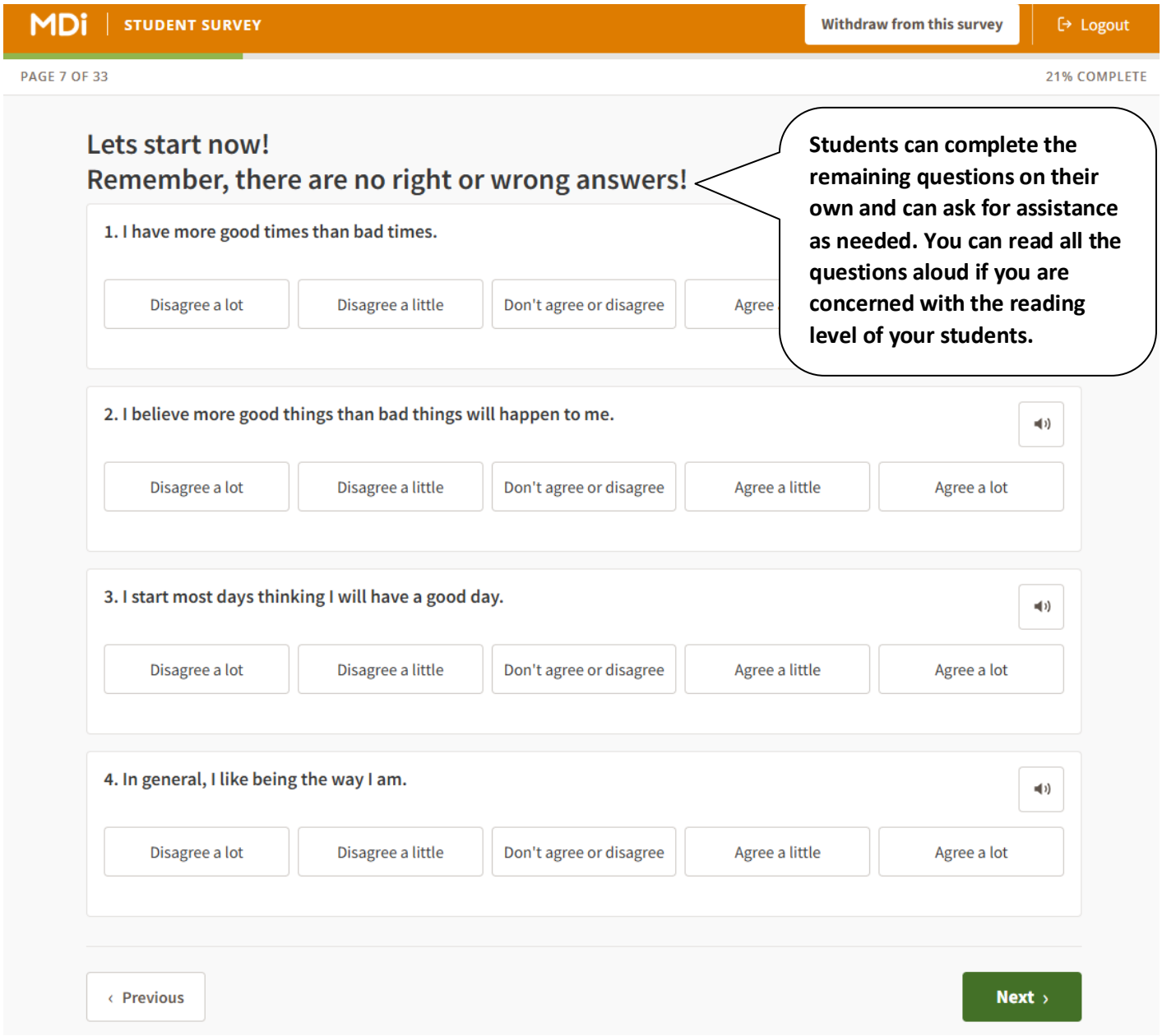
Please read the INSTRUCTIONS and SAMPLE QUESTIONS aloud to make sure everybody understands.

The sample questions give students practice with both positive and negative questions.

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21% COMPLETE
Lets start now!
Remember, there are no right or wrong answers!
Students can complete the remaining questions on their own and can ask for assistance as needed. You can read all the questions aloud if you are concerned with the reading level of your students.
1. I have more good times than bad times.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree
2. I believe more good things than bad things will happen to me.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
3. I start most days thinking I will have a good day.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
4. In general, I like being the way I am.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
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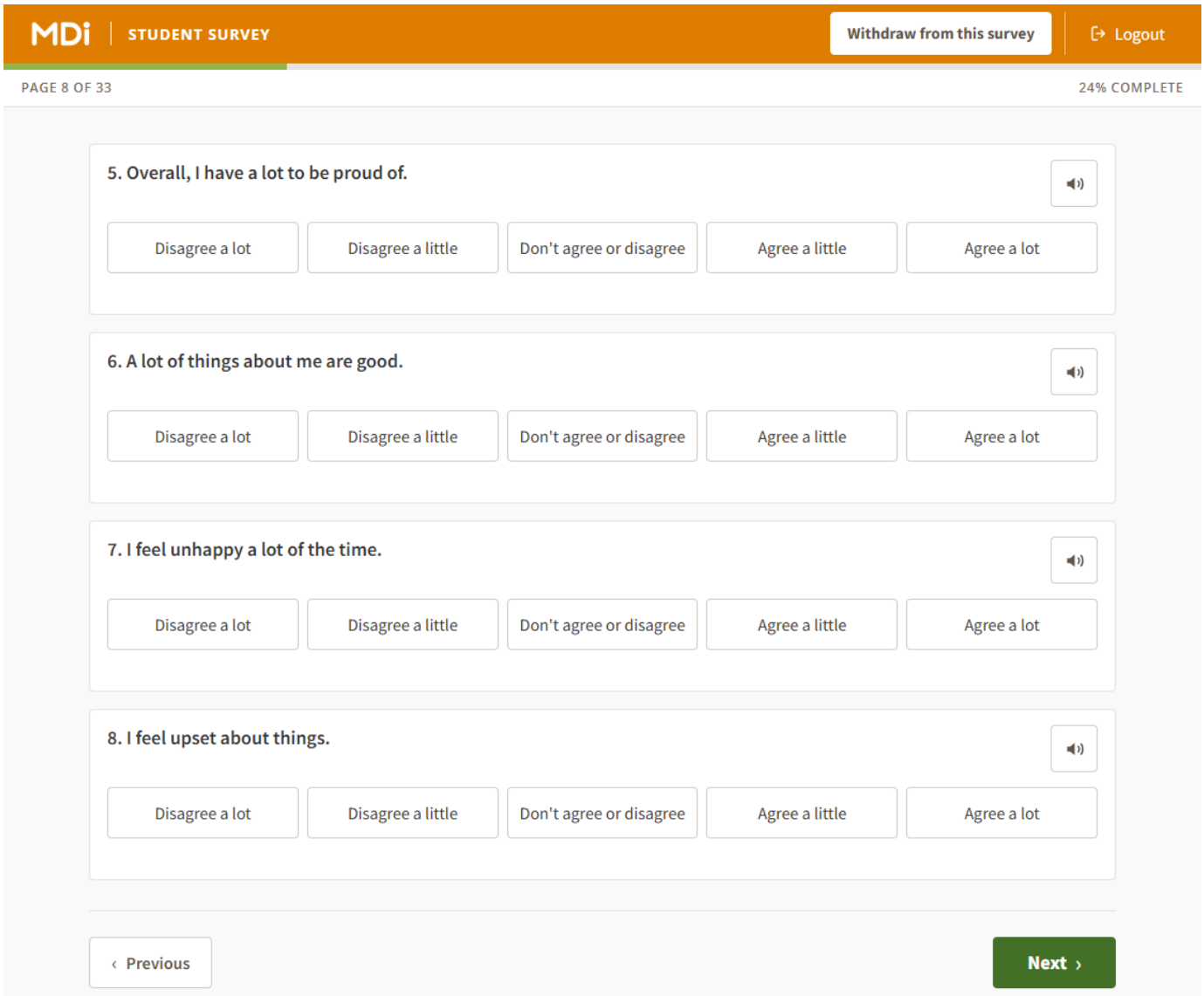
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Logout
PAGE 8 OF 33
24% COMPLETE
5. Overall, I have a lot to be proud of.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
6. A lot of things about me are good.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
7. I feel unhappy a lot of the time.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
8. I feel upset about things.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
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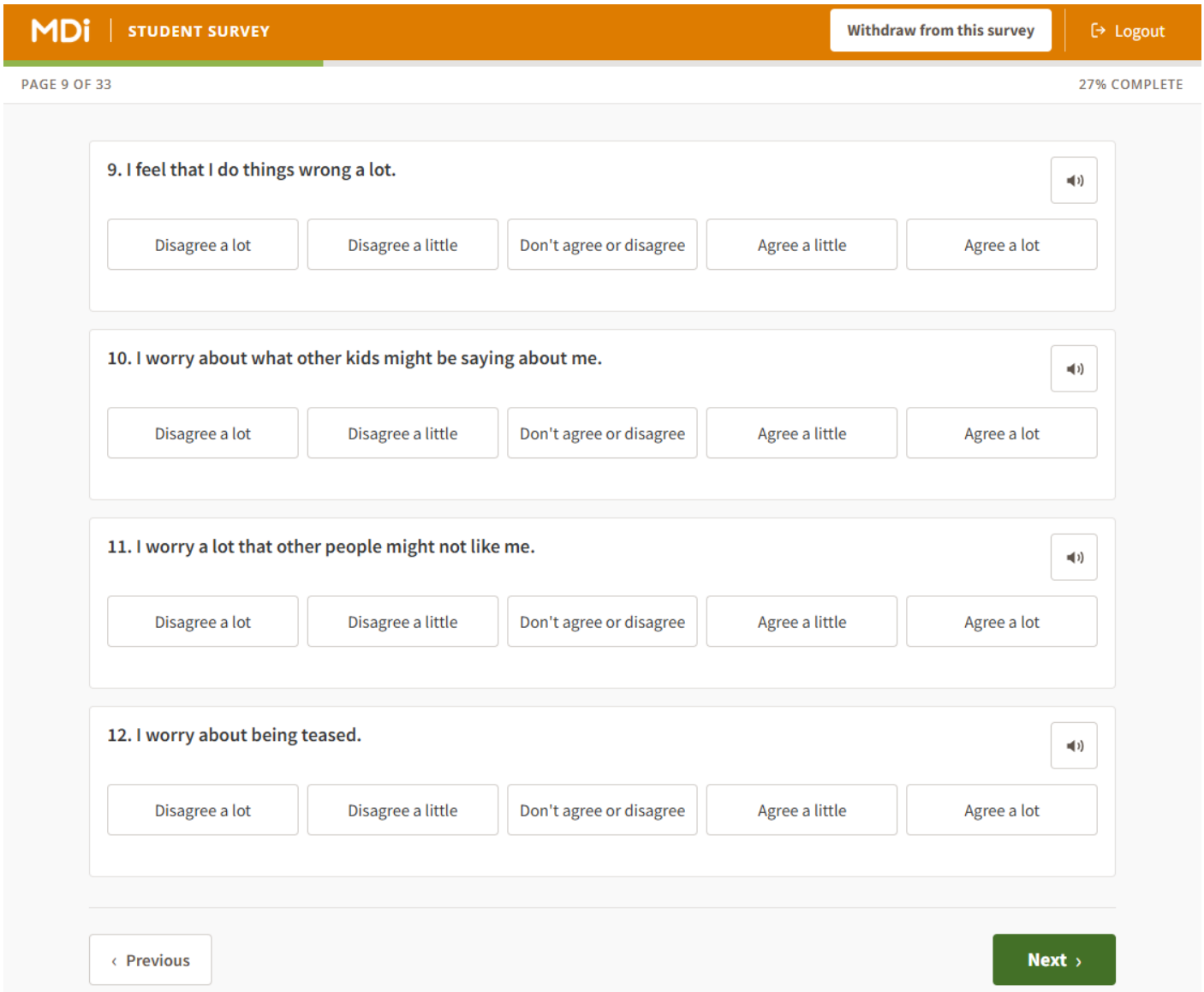
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Withdraw from this survey
Logout
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27% COMPLETE
9. I feel that I do things wrong a lot.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
10. I worry about what other kids might be saying about me.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
11. I worry a lot that other people might not like me.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
12. I worry about being teased.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
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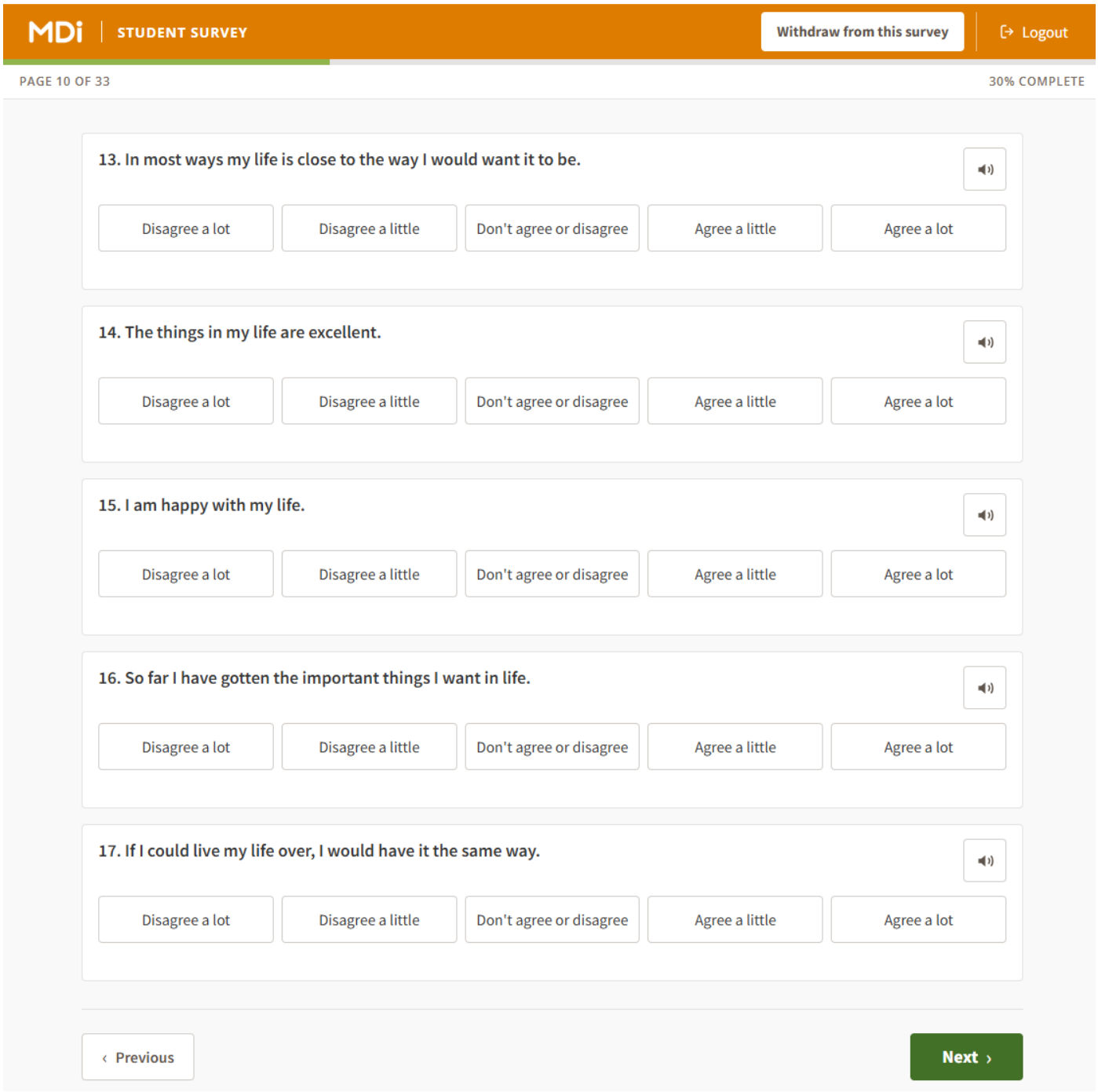
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Withdraw from this survey
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30% COMPLETE
13. In most ways my life is close to the way I would want it to be.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
14. The things in my life are excellent.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
15. I am happy with my life.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
16. So far I have gotten the important things I want in life.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
17. If I could live my life over, I would have it the same way.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
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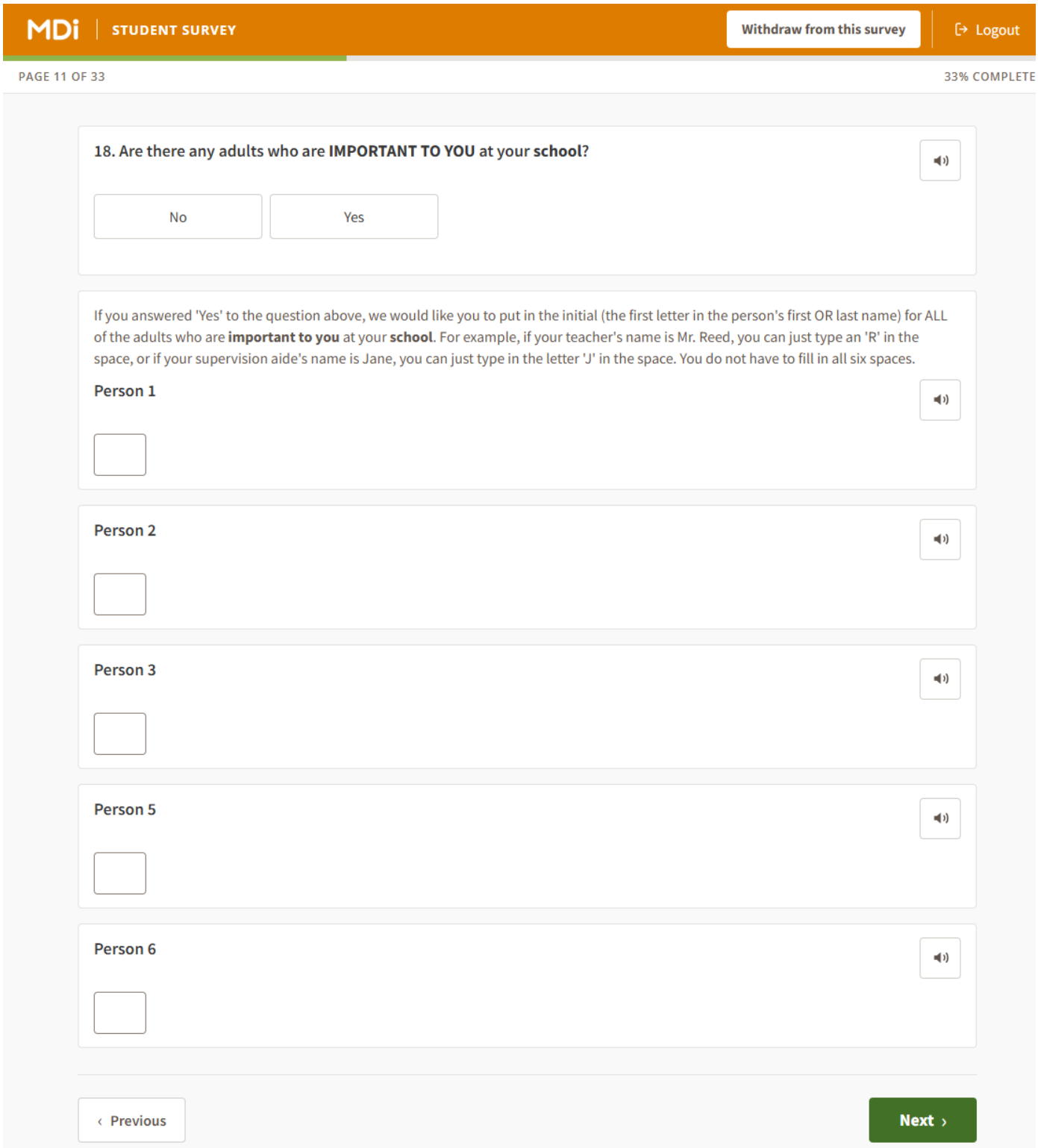
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33% COMPLETE
18. Are there any adults who are IMPORTANT TO YOU at your school?
No
Yes
If you answered 'Yes' to the question above, we would like you to put in the initial (the first letter in the person's first OR last name) for ALL of the adults who are important to you at your school. For example, if your teacher's name is Mr. Reed, you can just type an 'R' in the space, or if your supervision aide's name is Jane, you can just type in the letter 'J' in the space. You do not have to fill in all six spaces.
Person 1
Person 2
Person 3
Person 5
Person 6
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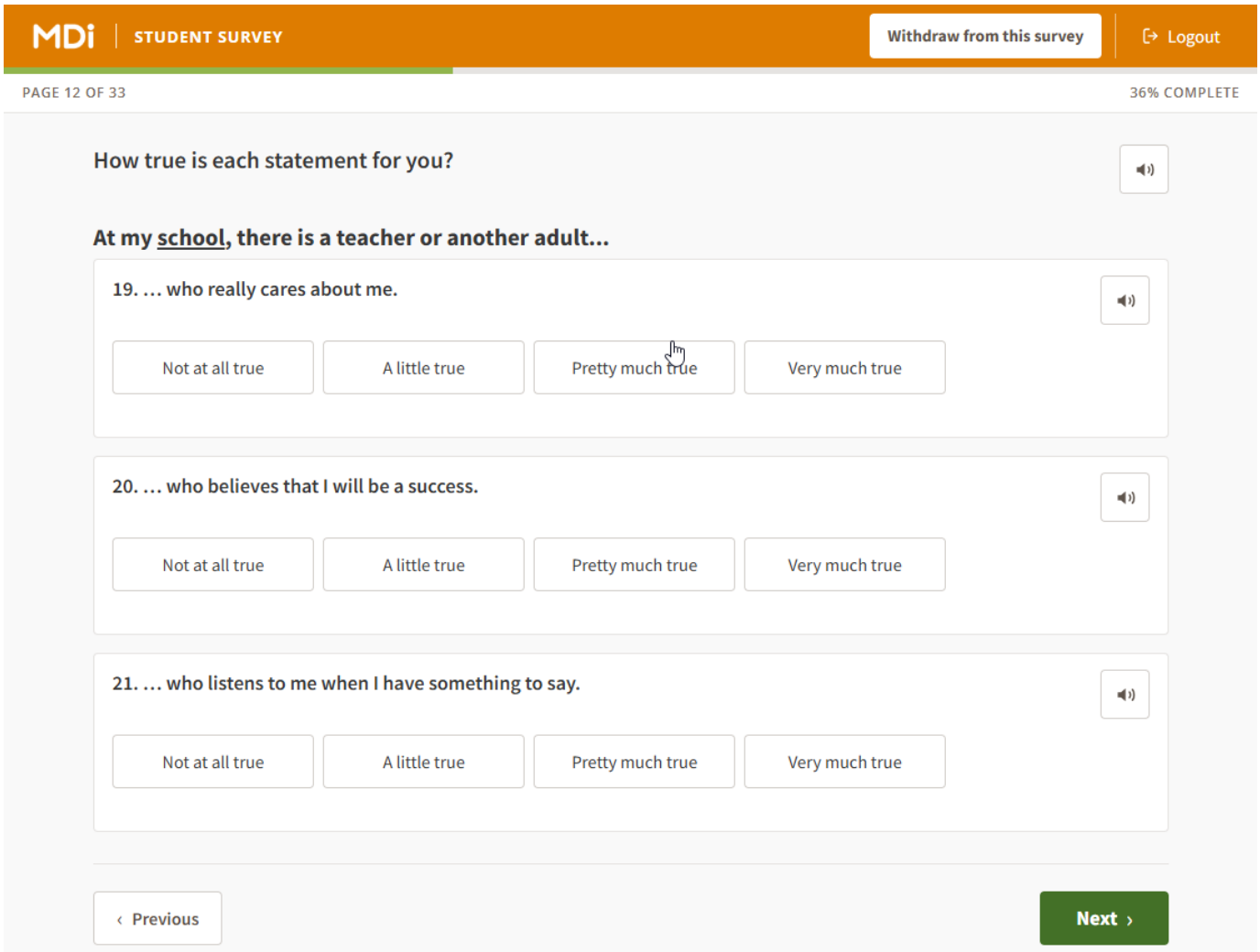
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36% COMPLETE
How true is each statement for you?
At my school, there is a teacher or another adult...
19. ... who really cares about me.
Not at all true
A little true
Pretty much true
Very much true
20. ... who believes that I will be a success.
Not at all true
A little true
Pretty much true
Very much true
21. ... who listens to me when I have something to say.
Not at all true
A little true
Pretty much true
Very much true
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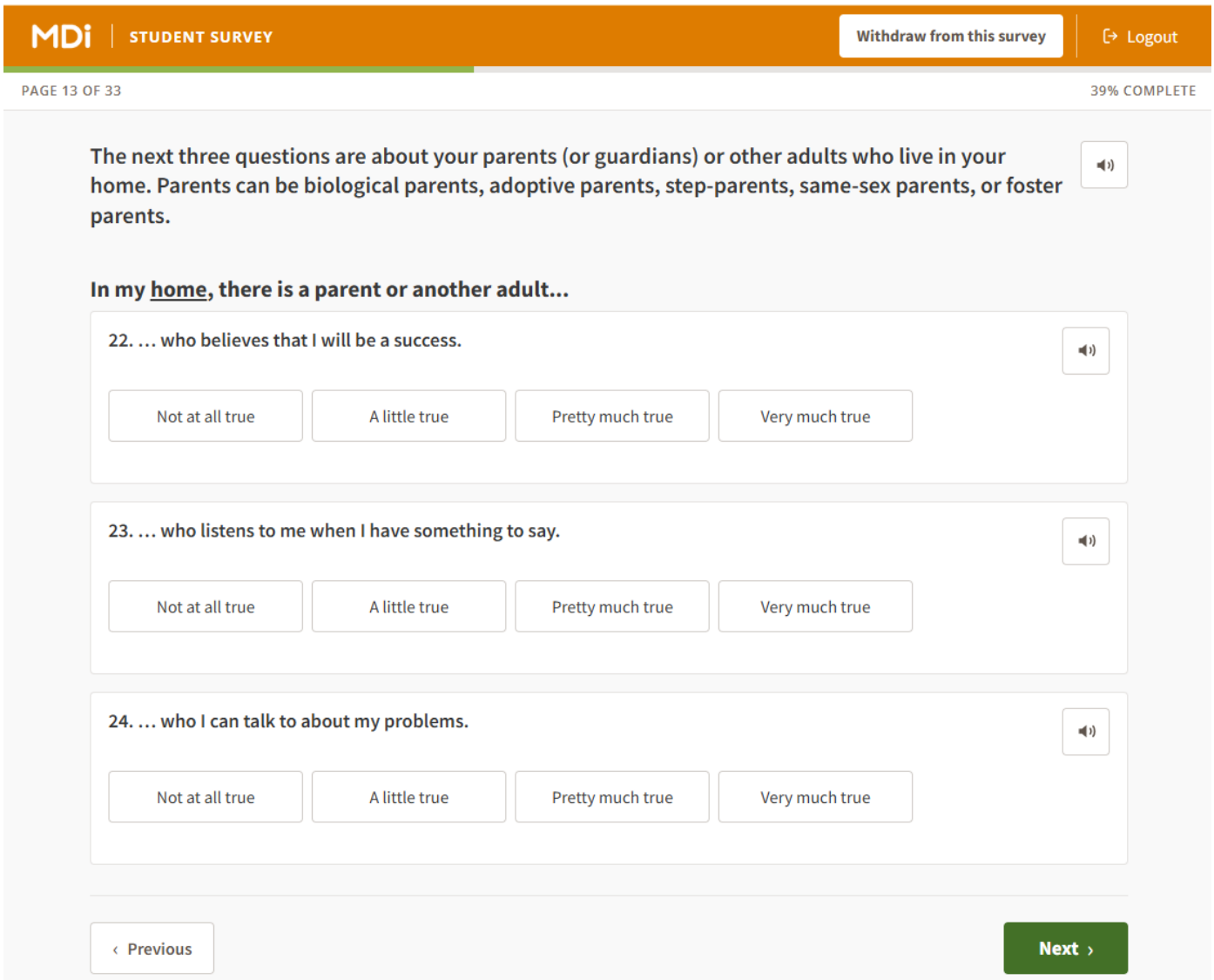
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39% COMPLETE
The next three questions are about your parents (or guardians) or other adults who live in your home. Parents can be biological parents, adoptive parents, step-parents, same-sex parents, or foster parents.
In my home, there is a parent or another adult...
22. ... who believes that I will be a success.
Not at all true
A little true
Pretty much true
Very much true
23. ... who listens to me when I have something to say.
Not at all true
A little true
Pretty much true
Very much true
24. ... who I can talk to about my problems.
Not at all true
A little true
Pretty much true
Very much true
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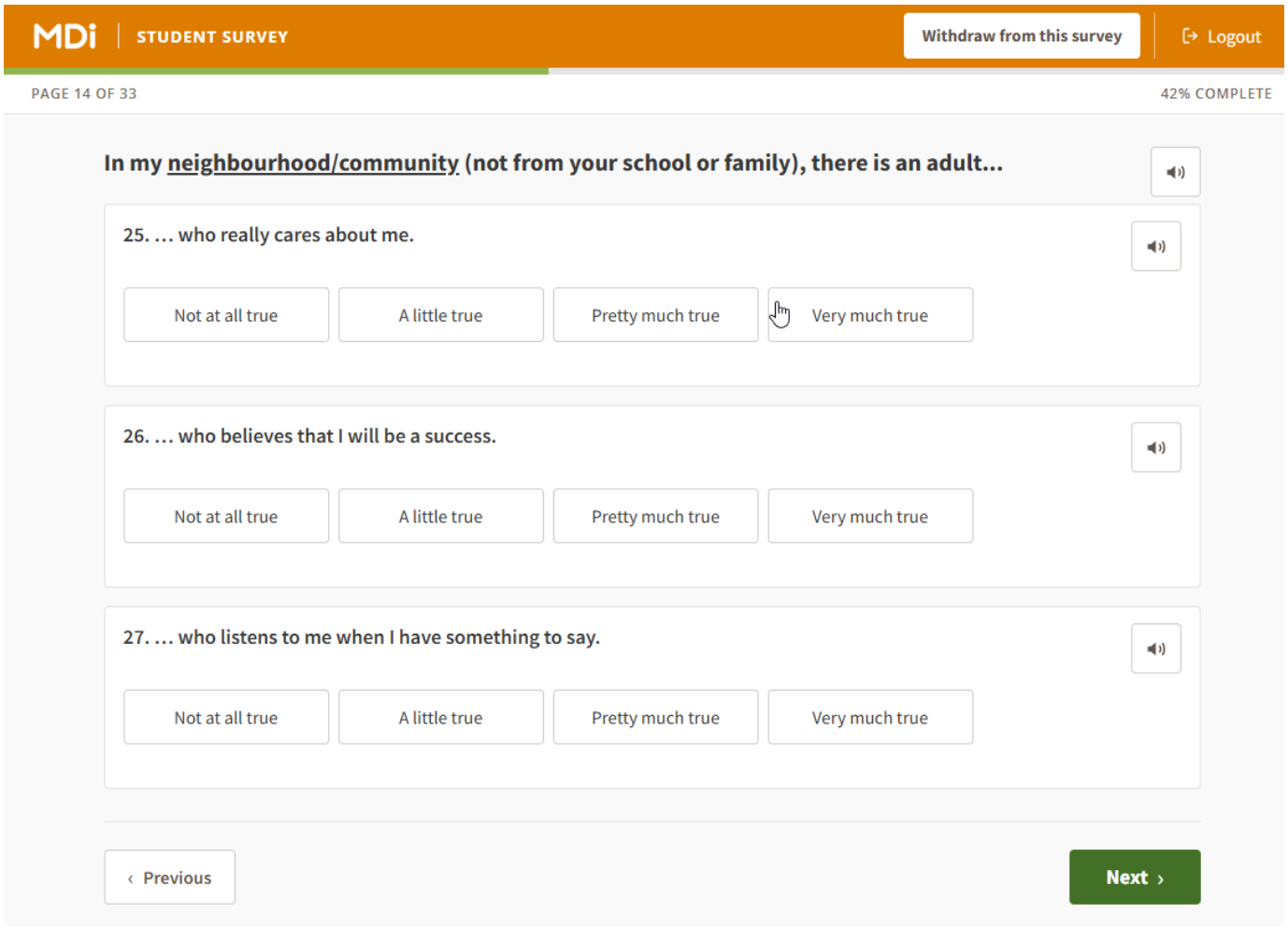
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Withdraw from this survey
Logout
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42% COMPLETE
In my neighbourhood/community (not from your school or family), there is an adult...
25. ... who really cares about me.
Not at all true
A little true
Pretty much true
Very much true
26. ... who believes that I will be a success.
Not at all true
A little true
Pretty much true
Very much true
27. ... who listens to me when I have something to say.
Not at all true
A little true
Pretty much true
Very much true
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Withdraw from this survey | Logout

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45% COMPLETE

Please answer the following questions about you and your friend(s) and your school.

28. I feel part of a group of friends that do things together.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

29. I feel that I usually fit in with other kids around me.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

30. When I am with other kids my age, I feel I belong.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

31. I have at least one really good friend I can talk to when something is bothering me.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

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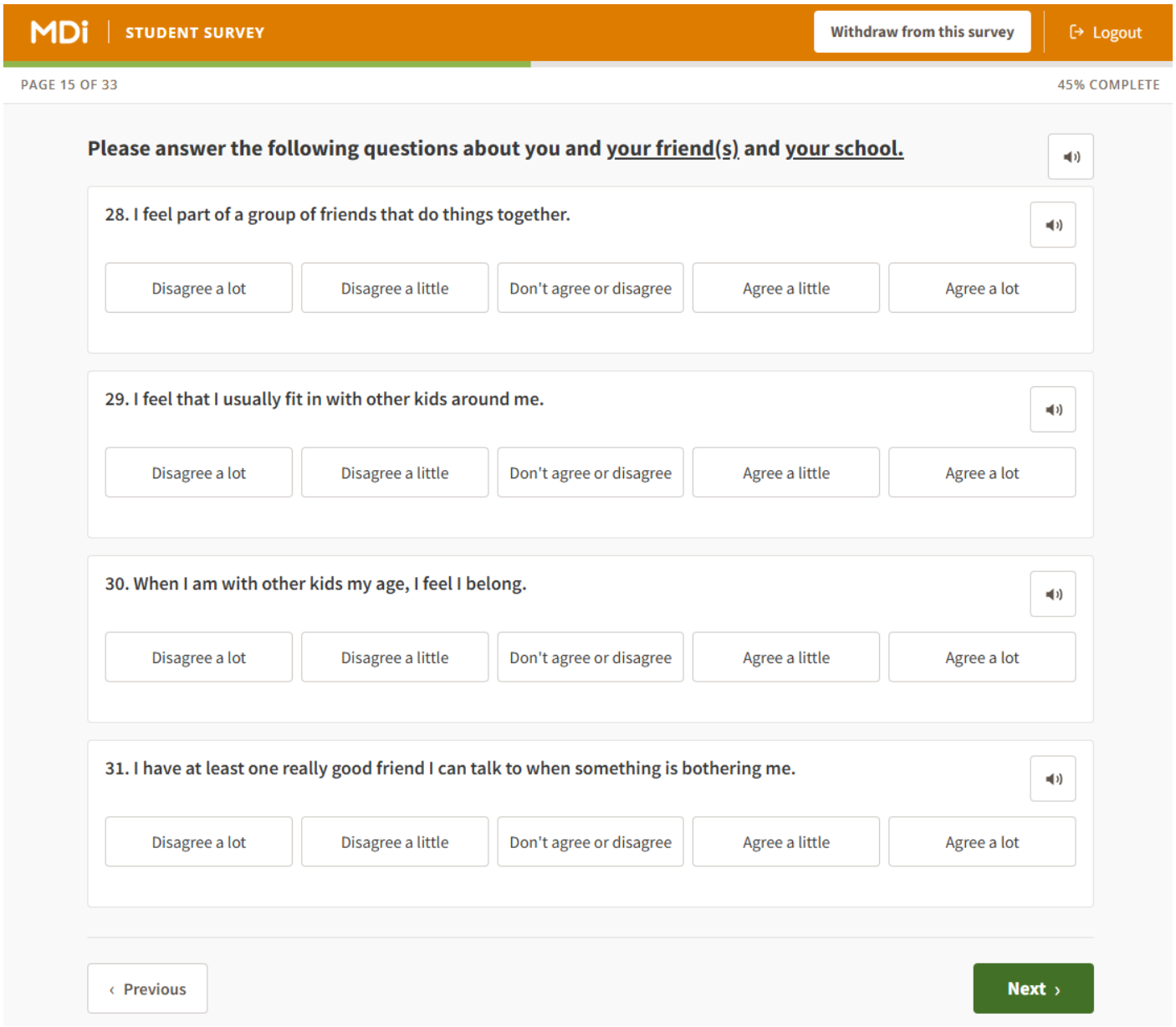

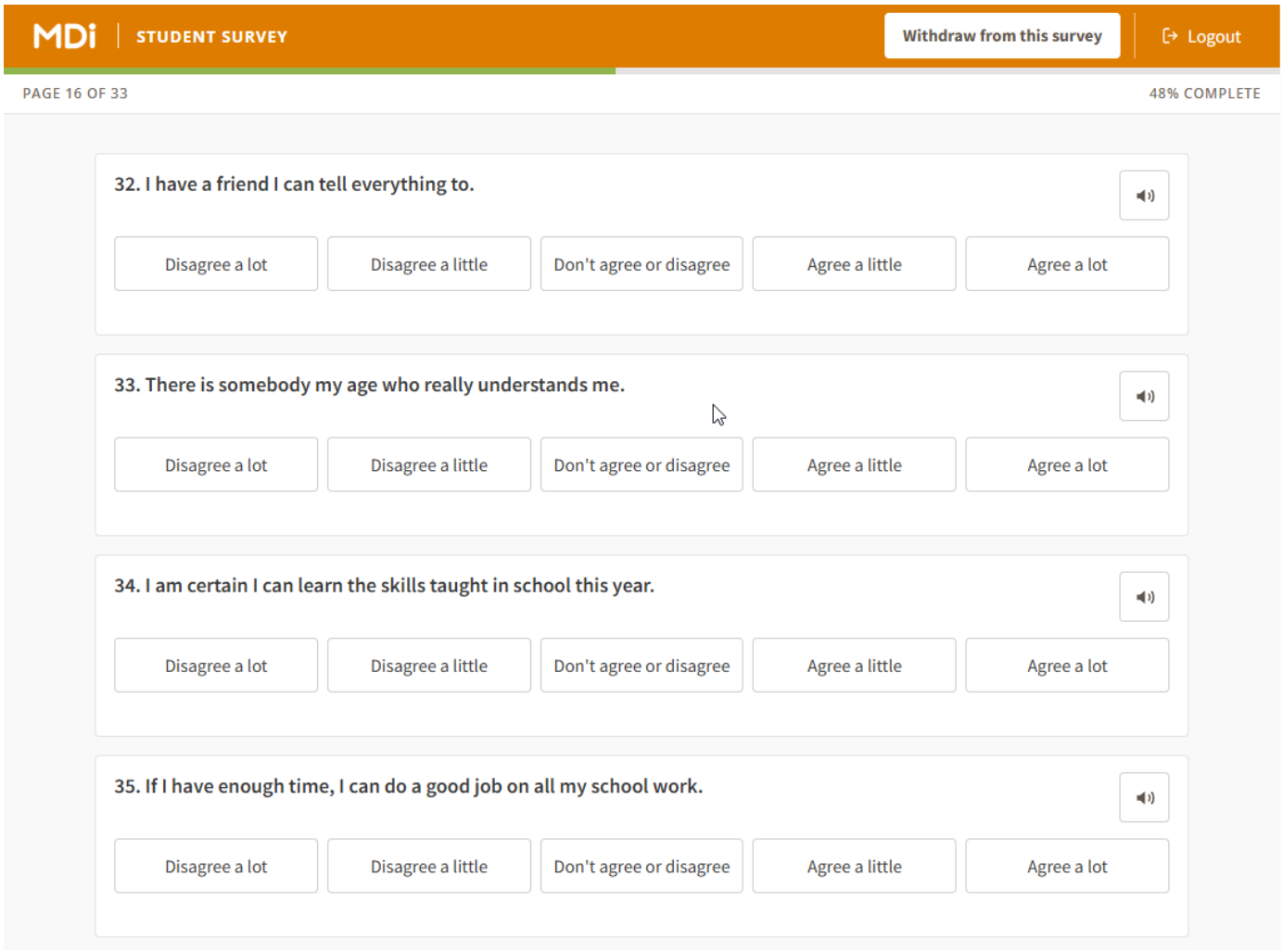
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Logout
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48% COMPLETE
32. I have a friend I can tell everything to.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
33. There is somebody my age who really understands me.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
34. I am certain I can learn the skills taught in school this year.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
35. If I have enough time, I can do a good job on all my school work.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot

36. Even if the work in school is hard, I can learn it.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

37. Teachers and students treat each other with respect in this school.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

38. People care about each other in this school.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

39. Students in this school help each other, even if they are not friends.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

40. I feel like I belong in this school.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

41. I feel like I am important to this school.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

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Important definition: **Bully** - There are a lot of different ways to bully someone, but a bully has some advantage (stronger, more popular, or something else), wants to hurt the other person (it's not an accident), and does so repeatedly (over and over again) and unfairly. Sometimes a group of students will bully another student.

The next four questions might make you feel uncomfortable, but it is important for us to know. Please answer the questions honestly.

This school year, how often have you been bullied by other students in the following ways?

42. Physical bullying (for example, someone hit, shoved, or kicked you, spat at you, beat you up, or damaged or took your things without permission).

Not at all this school year	Once or a few times	About every month	About every week	Many times a week

43. Verbal bullying (for example, someone called you names, teased, embarrassed, threatened you, or made you do things you didn't want to do).

Not at all this school year	Once or a few times	About every month	About every week	Many times a week

44. Social bullying (for example, someone left you out, excluded you, gossiped and spread rumors about you, or made you look foolish).

Not at all this school year	Once or a few times	About every month	About every week	Many times a week

45. Cyberbullying (for example, someone excluded, threatened, embarrassed or hurt you online or through text messages).

Not at all this school year	Once or a few times	About every month	About every week	Many times a week

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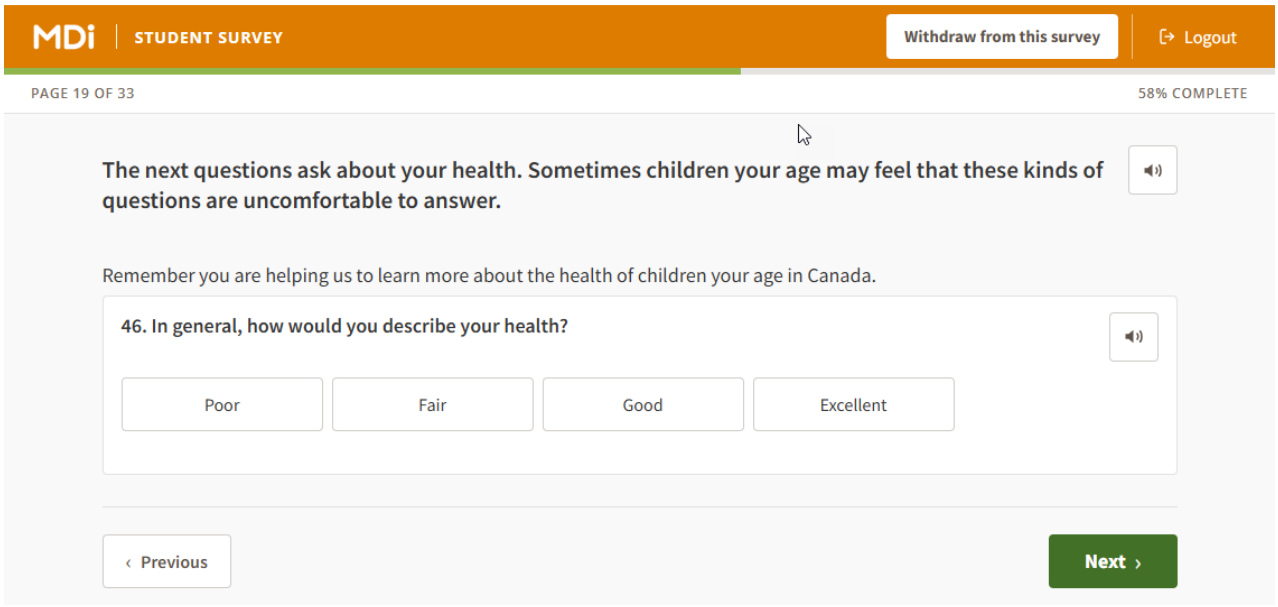
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STUDENT SURVEY
Withdraw from this survey
Logout
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58% COMPLETE
The next questions ask about your health. Sometimes children your age may feel that these kinds of questions are uncomfortable to answer.
Remember you are helping us to learn more about the health of children your age in Canada.
46. In general, how would you describe your health?
Poor
Fair
Good
Excellent
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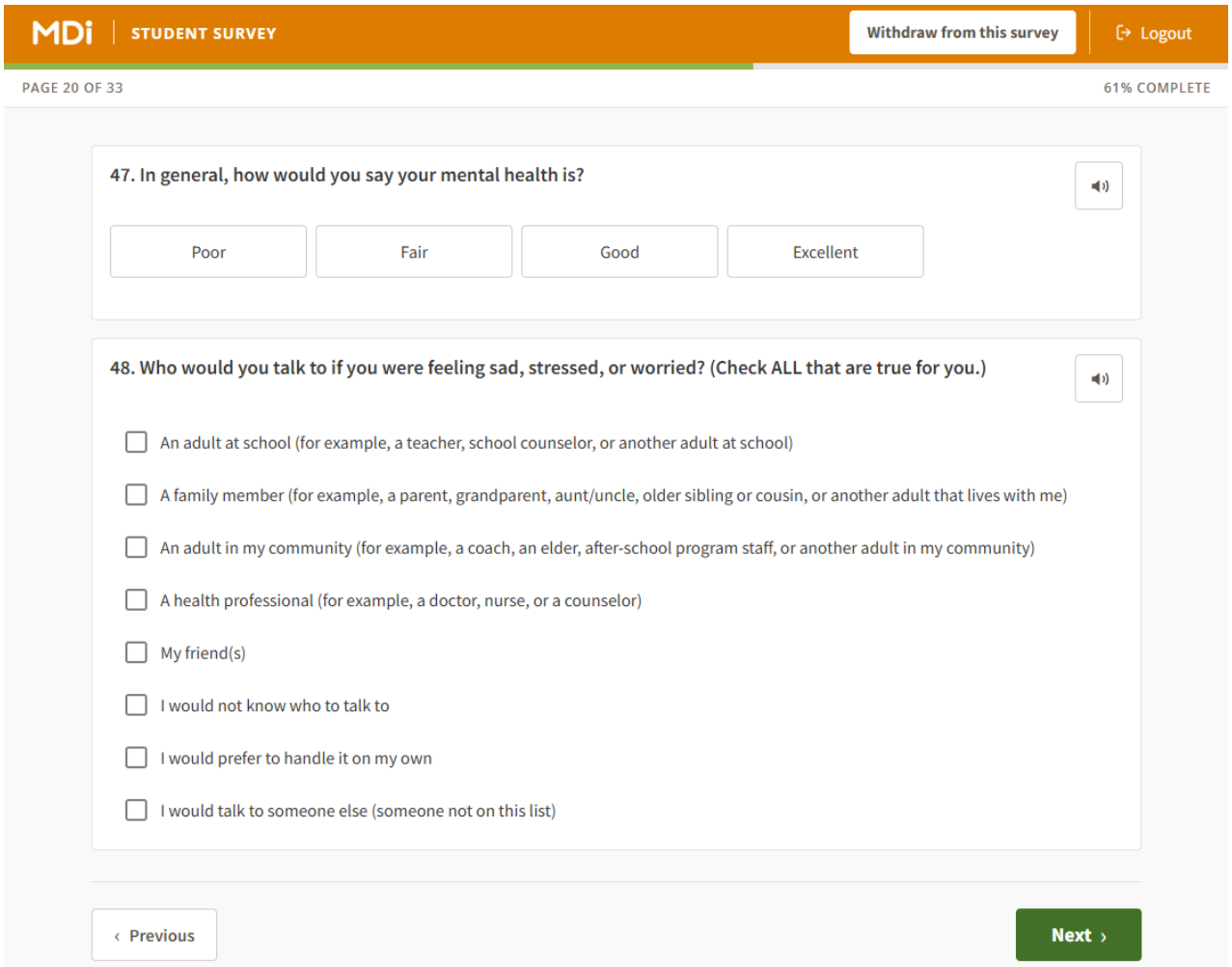
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STUDENT SURVEY
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61% COMPLETE
47. In general, how would you say your mental health is?
Poor
Fair
Good
Excellent
48. Who would you talk to if you were feeling sad, stressed, or worried? (Check ALL that are true for you.)
An adult at school (for example, a teacher, school counselor, or another adult at school)
A family member (for example, a parent, grandparent, aunt/uncle, older sibling or cousin, or another adult that lives with me)
An adult in my community (for example, a coach, an elder, after-school program staff, or another adult in my community)
A health professional (for example, a doctor, nurse, or a counselor)
My friend(s)
I would not know who to talk to
I would prefer to handle it on my own
I would talk to someone else (someone not on this list)
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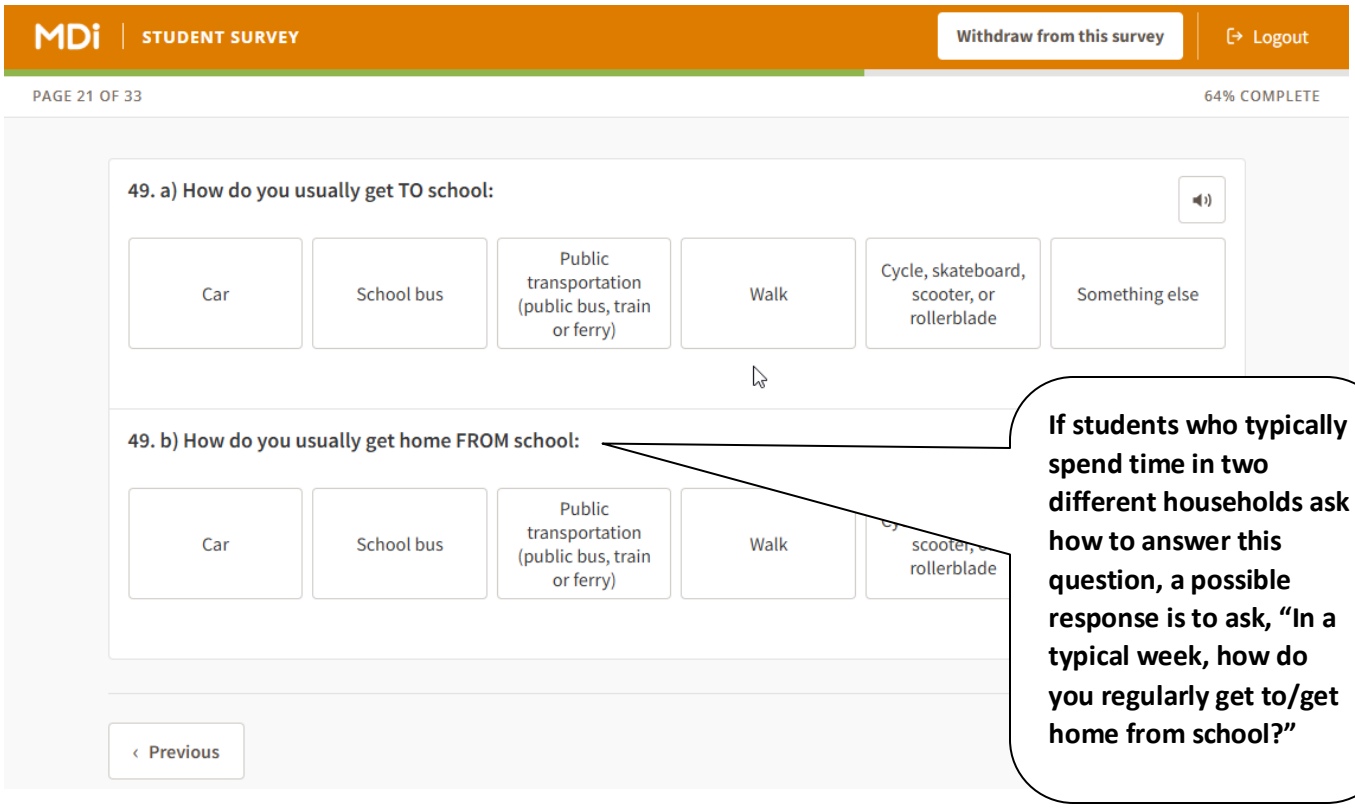
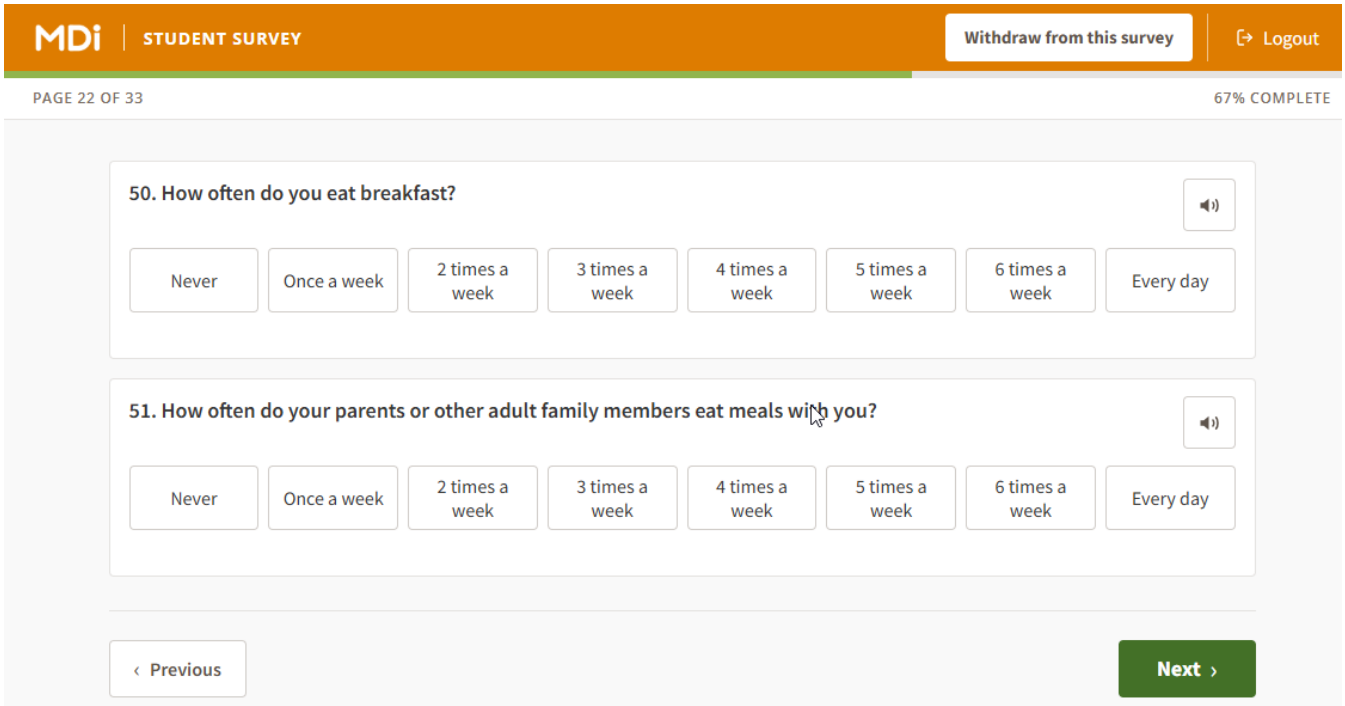


If students who typically spend time in two different households ask how to answer this question, a possible response is to ask, "In a typical week, how do you regularly get to/get home from school?"



52. The next questions ask about THE FRUITS AND VEGETABLES you ate YESTERDAY.

a) YESTERDAY, how many servings of fruit (fresh, frozen, canned, or dried) did you eat? DO NOT count juices or drinks.

1 serving of FRUIT is about the size of your fist, and could be 1 apple or orange, 1 banana, half cup berries, 20 cherries or grapes, or a few pieces of dried fruit.

None	1 serving	2 servings	3 servings	4 servings	5 or more servings

b) YESTERDAY, how many servings of vegetables (fresh, frozen, or canned) did you eat? DO NOT count vegetable juices or french fries.

1 serving of VEGETABLES is about the size of your fist, and could be half cup of broccoli, 1 cup of lettuce or spinach, half cup of green beans, half cup of sweet potatoes, or half cup of bok choy.

None	1 serving	2 servings	3 servings	4 servings	5 or more servings

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73% COMPLETE

53. The next questions ask about your other eating habits. When answering, please answer based on what you eat in a NORMAL WEEK. Think about all meals such as breakfast, lunch, dinner/supper, and snacks.

a) In a normal week, how often do you eat sugary foods (for example, cookies, cake, ice cream, chocolate, candy, sugary breakfast cereal, or store-bought muffins, protein bars, or granola bars)?

Never	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day

b) In a normal week, how often do you eat salty snacks (for example, chips, crackers, pretzels, or popcorn)?

Never	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day

c) In a normal week, how often do you have a sweet drink (for example, iced tea, fruit juice, pop or soda, hot chocolate, sweet tea or coffee drinks like bubble tea or blended iced coffee, or energy or sports drinks)?

Never	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day

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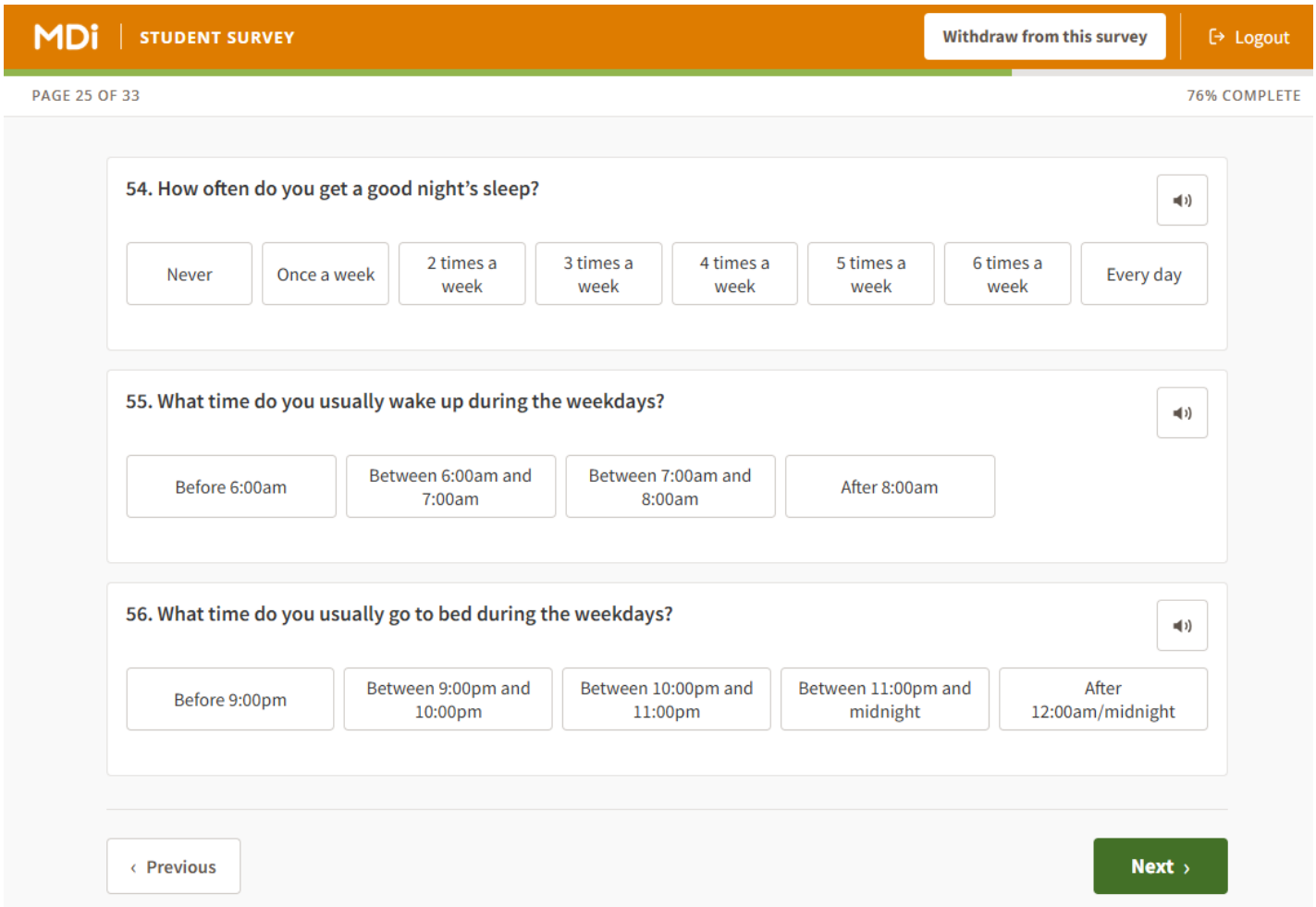

This point in the survey is a natural place to break

ABOUT MY OUT-OF-SCHOOL TIME

57. On school days, how often do you go to these places after school?

a) I go home.

Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every school day)

b) I stay at school to participate in after school activities (for example, sports, tutoring, clubs).

Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every school day)

c) I go to an after school program/daycare (in my school or someplace else).

Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every school day)

d) I go to a friend's house.

Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every school day)

e) I go to a library.

Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every school day)

f) I go someplace else, for example, a family member's home, or other places.

Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every school day)

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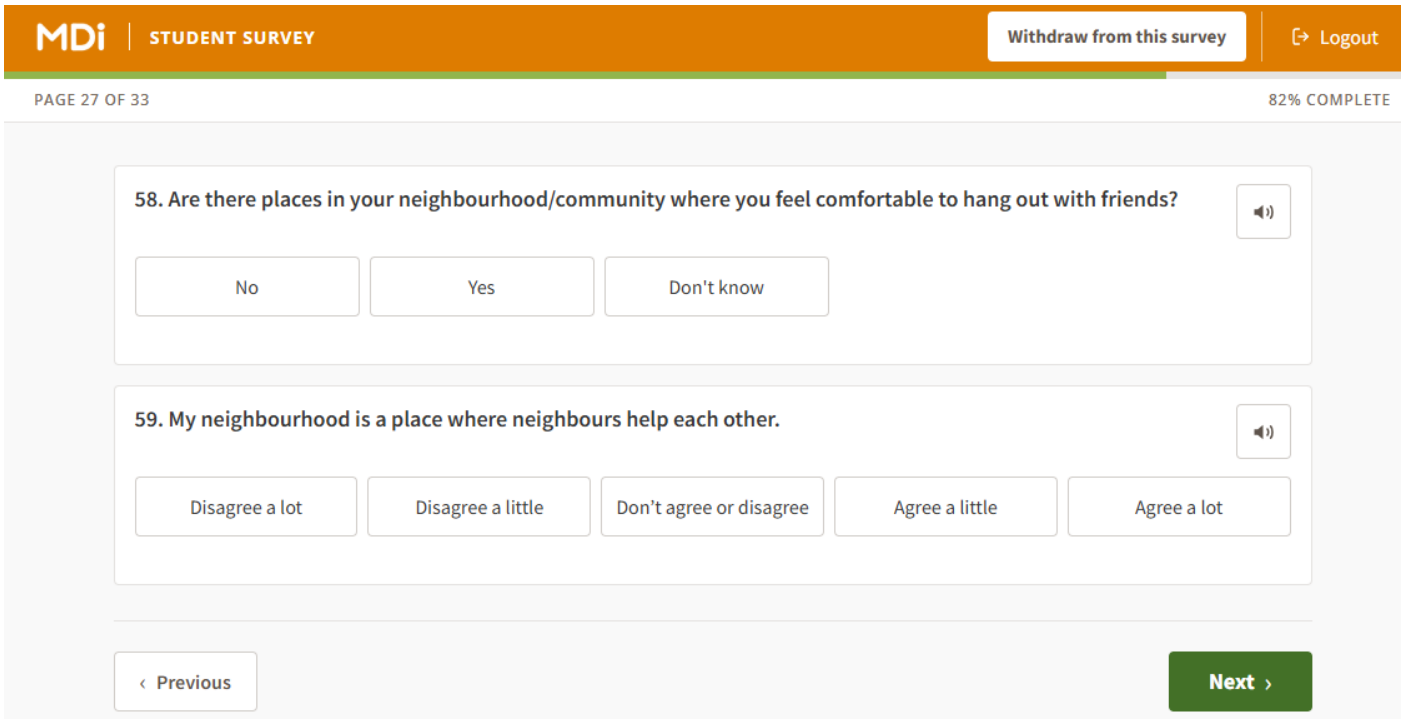
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82% COMPLETE
58. Are there places in your neighbourhood/community where you feel comfortable to hang out with friends?
No
Yes
Don't know
59. My neighbourhood is a place where neighbours help each other.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
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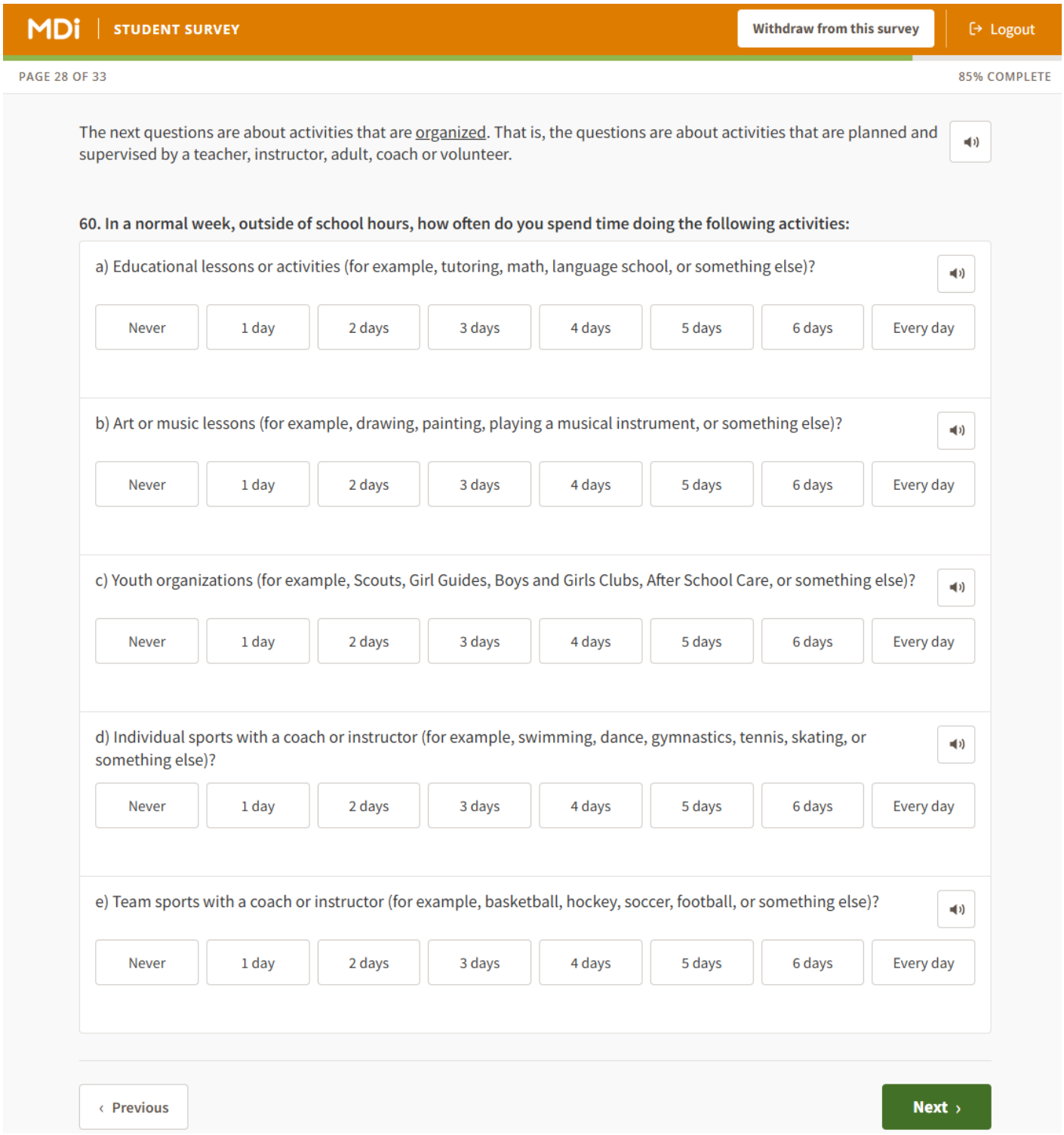
***Suggested clarification*: "These questions are trying to ask you what you do during a normal week. If last week was different than normal – maybe you were sick or couldn't go to your regular activities – please answer the questions thinking of the most recent typical week for yourself."**



The next questions ask you about other activities you might do outside of school.

61. In a normal week, outside of school hours, how often do you spend time doing the following activities:

a) … sports and/or exercise for fun (for example, playing outside, biking, skating, sledding, shooting hoops, swimming, yoga, dancing, or something else)?

Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day

b) … do homework?

Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day

c) … read for fun?

Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day

d) … hang out with friends in person?

Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day

e) … play outside at a park, playground or in the neighbourhood?

Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day

f) … religious, spiritual or faith-based activities?

Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day

g) … cultural activities?

Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day

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Physical activity is any activity that increases your heart rate and makes you out of breath some of the time. Physical activity can be done in sports, school activities, playing with friends, or walking to school. Some examples of physical activity are running, fast walking, skating, biking, dancing, skateboarding, swimming, soccer, and basketball.

Let's try to add up all the time you spend in physical activity each day:

62. In a normal week, how many days are you physically active for a total of at least 60 minutes or one hour per day?

Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day

63. In a normal week, how many days do you spend 30 or more minutes in nature?

Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day

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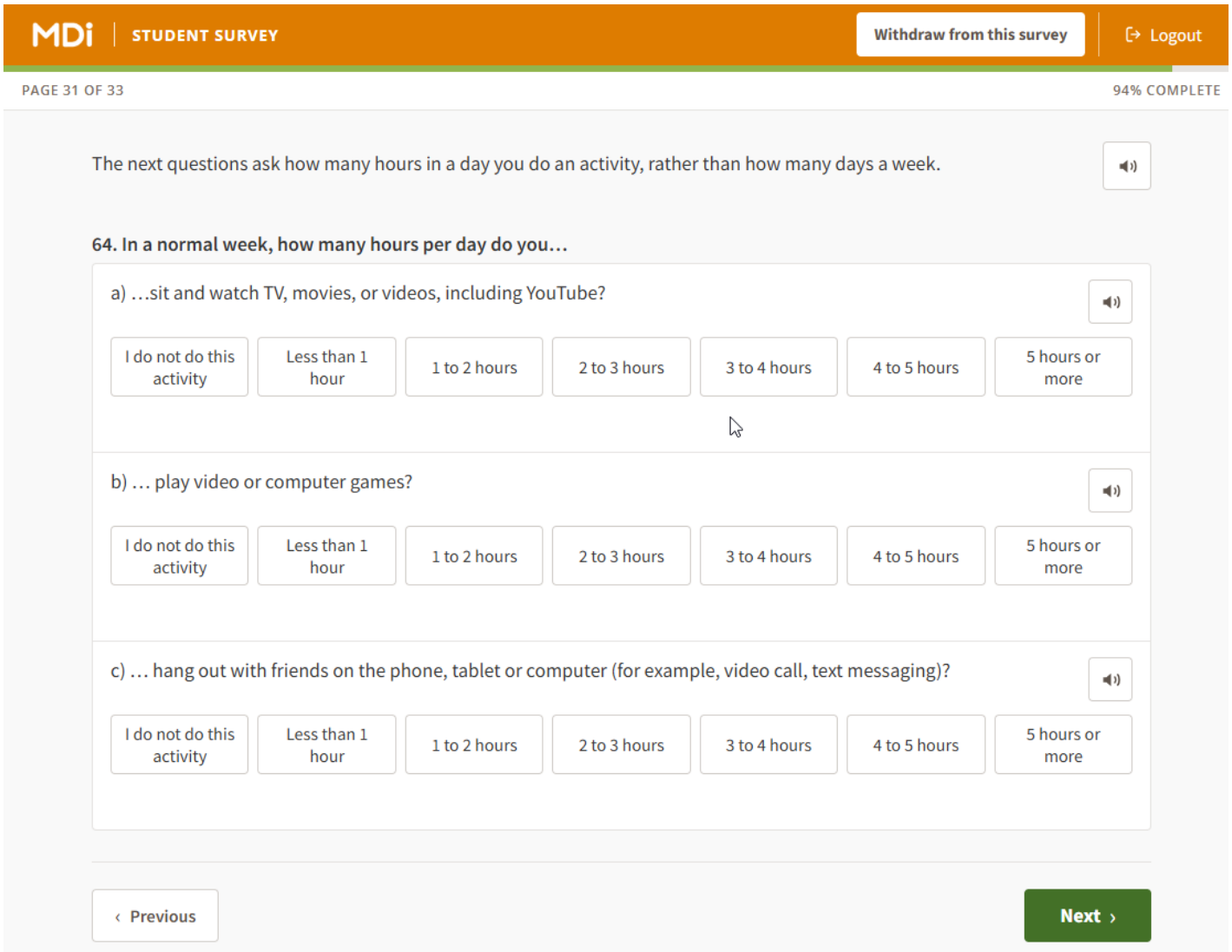
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94% COMPLETE
The next questions ask how many hours in a day you do an activity, rather than how many days a week.
64. In a normal week, how many hours per day do you…
a) …sit and watch TV, movies, or videos, including YouTube?
I do not do this activity
Less than 1 hour
1 to 2 hours
2 to 3 hours
3 to 4 hours
4 to 5 hours
5 hours or more
b) … play video or computer games?
I do not do this activity
Less than 1 hour
1 to 2 hours
2 to 3 hours
3 to 4 hours
4 to 5 hours
5 hours or more
c) … hang out with friends on the phone, tablet or computer (for example, video call, text messaging)?
I do not do this activity
Less than 1 hour
1 to 2 hours
2 to 3 hours
3 to 4 hours
4 to 5 hours
5 hours or more
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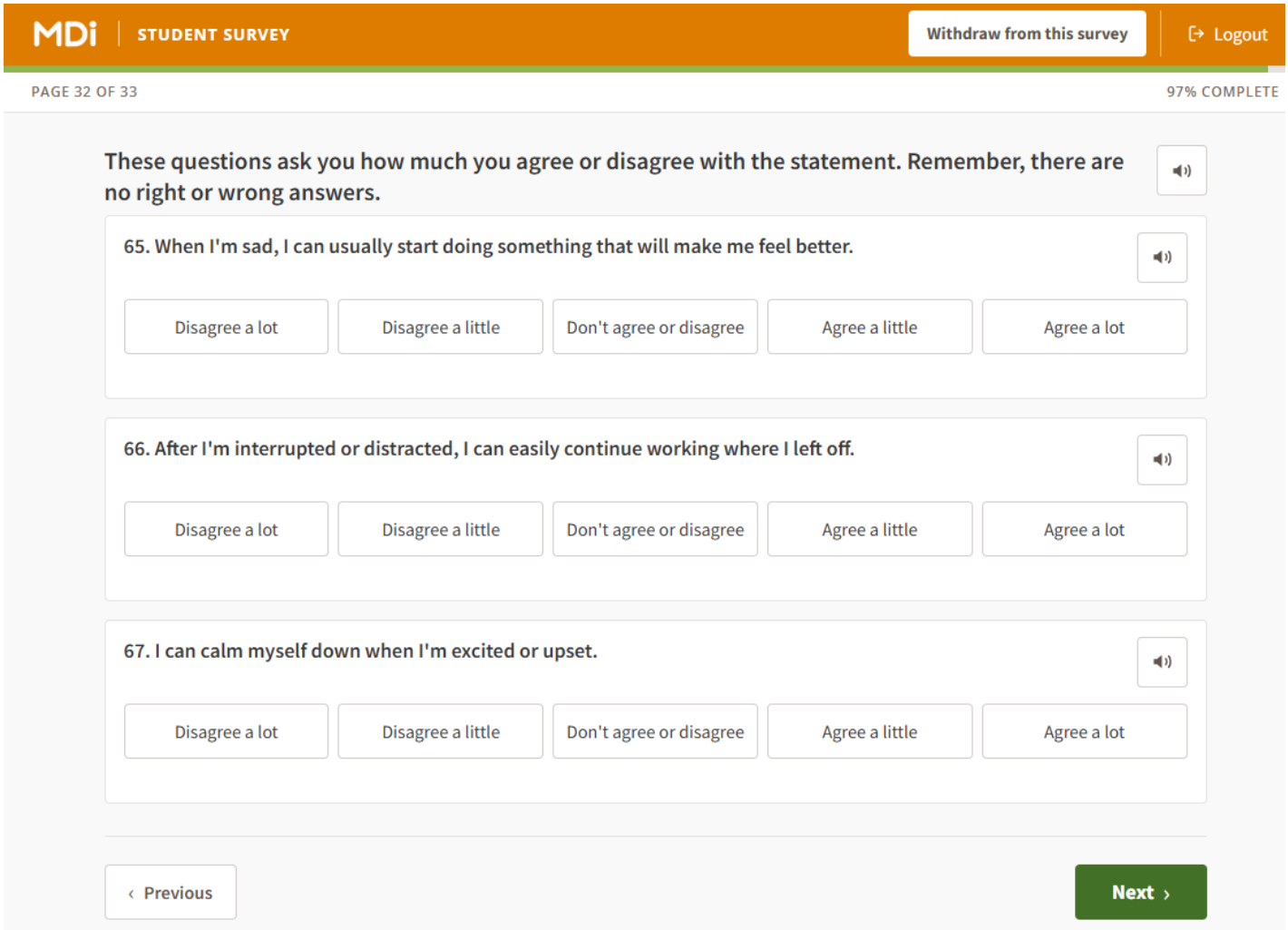
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97% COMPLETE
These questions ask you how much you agree or disagree with the statement. Remember, there are no right or wrong answers.
65. When I'm sad, I can usually start doing something that will make me feel better.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
66. After I'm interrupted or distracted, I can easily continue working where I left off.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
67. I can calm myself down when I'm excited or upset.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
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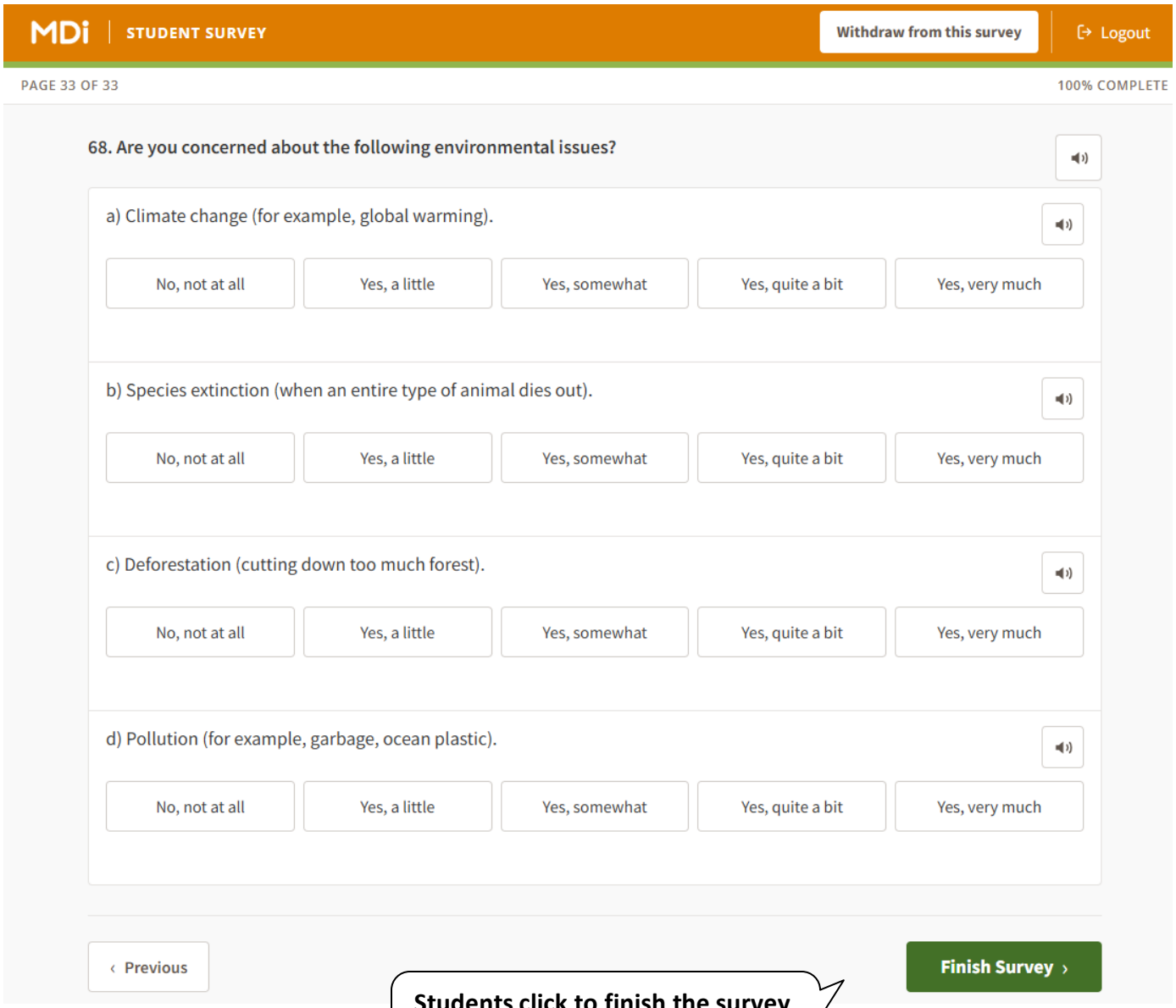
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100% COMPLETE
68. Are you concerned about the following environmental issues?
a) Climate change (for example, global warming).
No, not at all
Yes, a little
Yes, somewhat
Yes, quite a bit
Yes, very much
b) Species extinction (when an entire type of animal dies out).
No, not at all
Yes, a little
Yes, somewhat
Yes, quite a bit
Yes, very much
c) Deforestation (cutting down too much forest).
No, not at all
Yes, a little
Yes, somewhat
Yes, quite a bit
Yes, very much
d) Pollution (for example, garbage, ocean plastic).
No, not at all
Yes, a little
Yes, somewhat
Yes, quite a bit
Yes, very much
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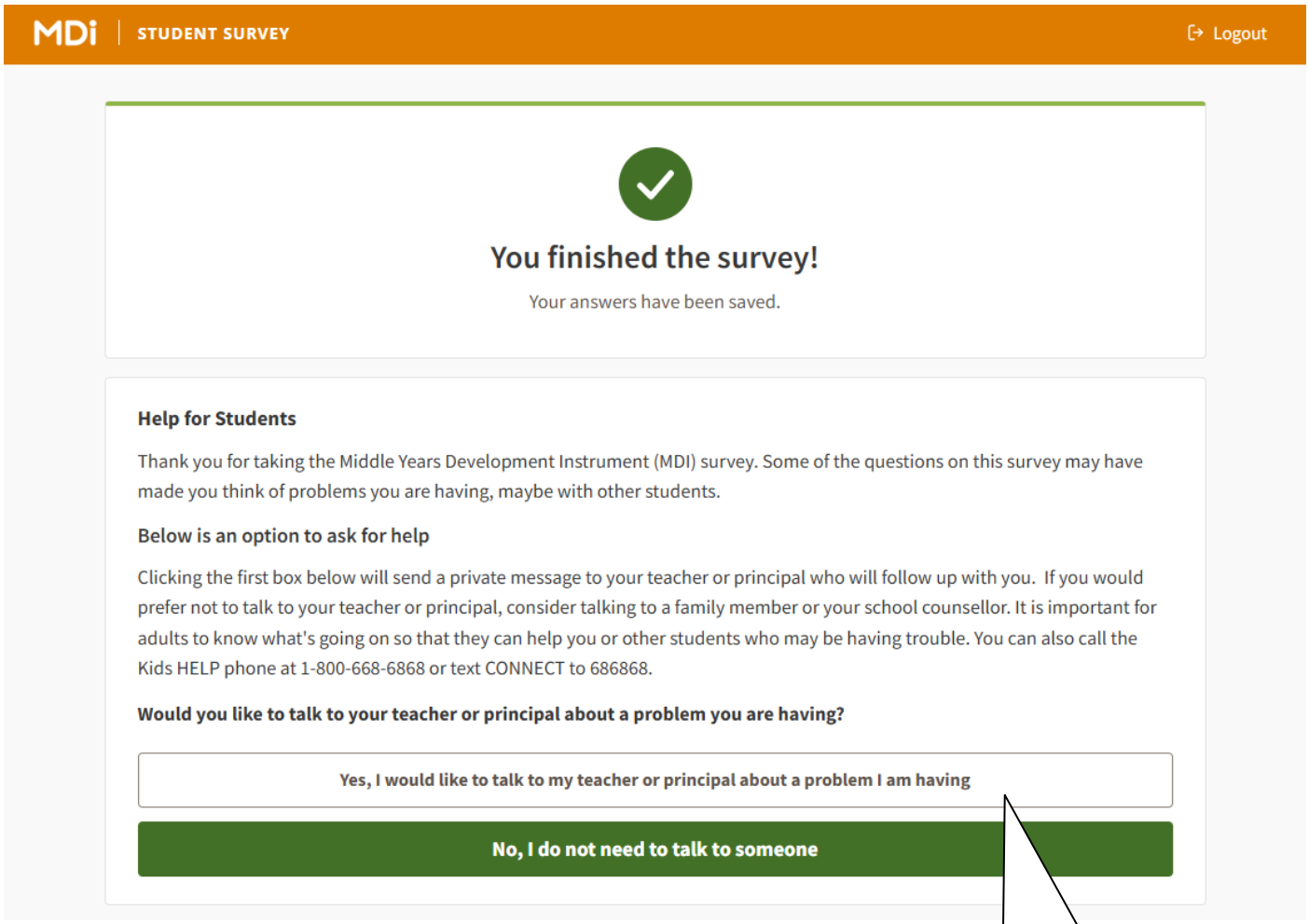
Finish Survey ›
Students click to finish the survey and view the Student Help Page.



Requests for help will be sent to your district email address, please follow your school's protocol for assisting students.