

Student Questionnaire

All instructions for the questionnaire are at the top of the questionnaire. Press the ctrl key and click on the link below to go to the questionnaire.

PRESS CTRL AND CLICK ON ME TO GO TO THE QUESTIONNAIRE

Feeling OK About Myself	
10	I feel happy being me most of the time and I can keep me like that.
9	I feel happy being me most of the time but need some help with this.
8	I am learning to feel happy with myself but need help
7	I am starting to know what makes me happy
6	I mostly feel ok being me but I don't know how to help me when I'm not happy
5	I feel ok being me but things could be better. I need some help
4	I sometime feel unhappy with me but things are getting better
3	I feel unhappy being me a lot. I get help but it's not made a difference yet
2	I feel unhappy being me most of the time
1	I hate being me

Sensory	
Noise, quiet, bright, dark, crowds, low stimulation	
10	I can manage my own sensory or I don't need any
9	I can manage my own sensory with a bit of help
8	I know some sensory things I need to do but need more support
7	I am starting to know what sensory I need
6	I am ok in places I know but need help when getting anxious
5	I am mostly ok in places I know
4	I get anxious sometimes but things are getting better
3	I get anxious often
2	I get anxious often but need more help
1	I get anxious often but don't know how to cope with it

Communication

How I communicate and what help I get/need

10	I can talk well with different people
9	I can talk well with different people but I need some support
8	I am getting better at talking with different people
7	I am starting to talk with more people but need some help
6	I can usually talk with people I know
5	I can usually communicate with people I know with some help
4	I can tell people what I need
3	I am starting to be able tell people what I need
2	I don't talk to very many people
1	I don't talk to anyone

Social Skills

Different situations in life and how to be in them

10	I have the skills to live the life I want
9	I have the skills to live the life I want but sometimes need a bit of help
8	I am getting better at coping in different situations
7	I am starting to learn how to manage in different situations
6	I know how to act in familiar situations
5	I know how to act in familiar situations but don't do it all the time
4	I know how to act in familiar situations with support
3	I am starting to manage in different situations but with support
2	I don't understand how to act in different situations but I get support
1	I don't understand how to act in different situations and don't want any support

Behaviour

Managing behaviour and knowing limits

10	I can manage my own behaviour all the time
9	I can manage my own behaviour all the time with only some reminders from other people
8	I can manage my own behaviour most of the time
7	I am starting to learn how to manage my behaviour
6	I know how to behave but need help from other people – I can't control my behaviour by myself
5	Other people manage my behaviour but I would like to manage my own a bit more
4	I act on other peoples help to behave but my behaviour affects other people
3	I sometimes act on help from other to behave but my behaviour affects other people
2	My behaviour is not good and I don't act on help from others
1	My behaviour is not good and I don't get any help from others

Independence

Skills to be independent and live an everyday life

10	I don't need help to live my everyday life, I can live independently
9	I don't need help to live my everyday life but need some help when something is new or different
8	I need help to live my everyday life but I am trying to be as independent as possible
7	I need help to live my everyday life but I can do some things for myself without any help
6	I can make my own choices about my everyday life but need some help
5	I can make some of my own choices about my everyday life but need help to actually do things
4	I need help all of the time but I would like to make some choices about everyday life for myself
3	I need help all of the time and I get it, most of the time I accept it
2	I need help all of the time but I only get help for some of the harder things in everyday life
1	I need help all of the time but I am not getting any

Life Balance

Doing different activities and having a range of interests

10	I have a range of activities and interests that are good for me and I do them all without help
9	I have a range of activities and interests that are good for me and I do them with some help from others
8	I am organising my time between doing my interests and activities ok but I need help keep the mix right
7	I am learning to organising my time between doing my interests and activities ok but I need help keep the mix right
6	I do activities and I have interests
5	I do some activities and I have some interests but it would be better to have more
4	I have interests and activities that I do but they are organised by other people for me
3	I have a few interests and activities I like to do but I don't do them all of the time
2	I spend too much time on one interest or activity and this has an effect on other things like the amount of sleep I get
1	I have no interests or activities that I spend any time doing

Physical Health

Healthy, active lifestyles – mentally and physically

10	I am fit and healthy and don't need any help keeping my healthy lifestyle
9	I am fit and healthy, I sometimes need help keeping my healthy lifestyle but not very often
8	I know how to be fit and healthy
7	I am learning how to be fit and healthy
6	I try be fit and healthy but need help to make sure I am doing the right things
5	I know how to be fit and healthy but need help to make sure I am doing the right things
4	I am not fit and healthy but I would like some help to get fit and healthy
3	I don't know how to be fit and healthy but I would like some help
2	I don't know how to be fit and healthy and I don't care

1	I am not fit and healthy and I don't want or need help
Relationships	
Happy and safe relationships with friends, family and partners	
10	I have happy, safe relationships with different people e.g. friends, family, partners
9	I have happy, safe relationships with different people e.g. friends, family, partners but sometimes need help to maintain them
8	I have happy, safe relationships with some people but would like to develop more relationships with different people
7	I have a happy, safe relationship with my family and/or close friends but only these people
6	I have a happy, safe relationship with my family and friends but need help to maintain this
5	I can have a relationship with friends and/or family but I need help to do this
4	I can talk to other people but I need help to do this
3	I sometimes talk to other people but only to get information or something I need
2	I only talk to people when I need to
1	I choose not to have relationships with people as they only give negative experiences