Student Wellness Survey_6th-12th Grade

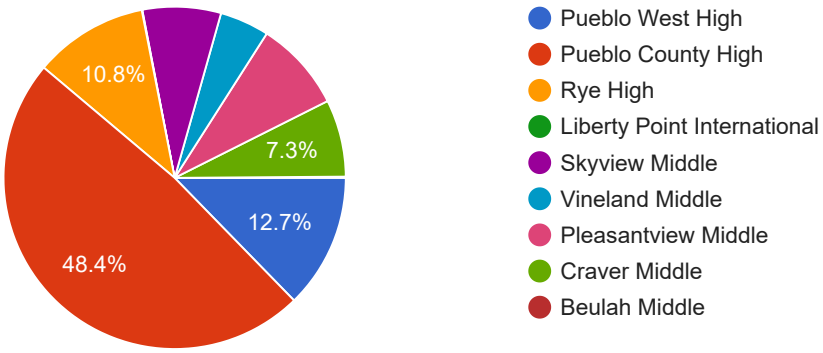
1,755 responses

Publish analytics

What school do you attend?

Copy

1,755 responses



What grade are you in?

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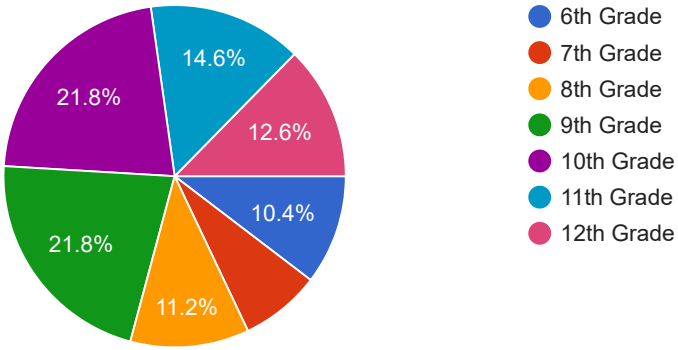
1,755 responses



General Feelings

How do you feel when you wake up in the morning on a school day?

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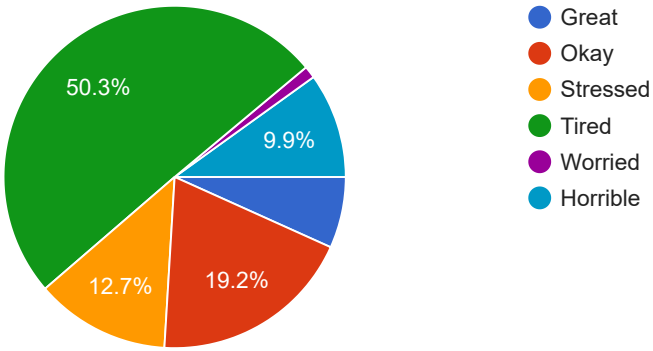
1,753 responses



How do you feel when you wake up in the morning on the weekend?

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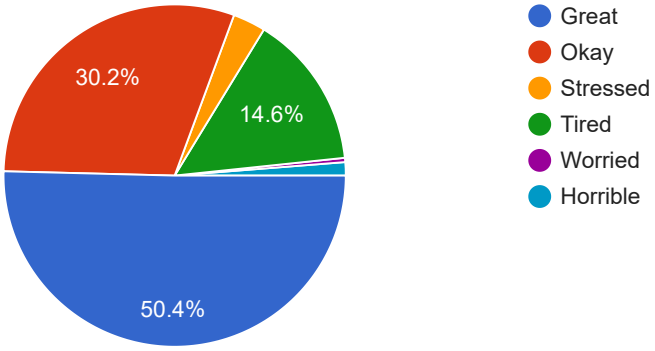
1,746 responses



On most days, how do you feel when you're at school?

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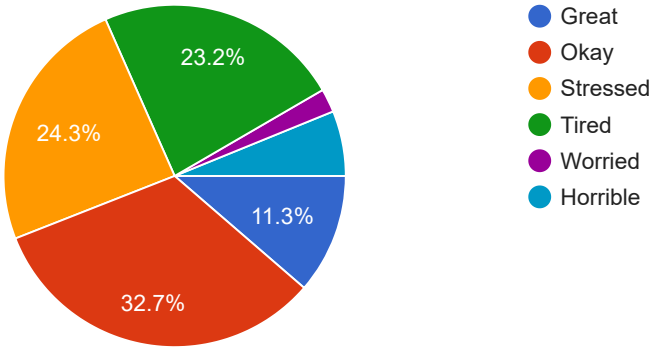
1,755 responses



During the past week, how often did you feel _____?

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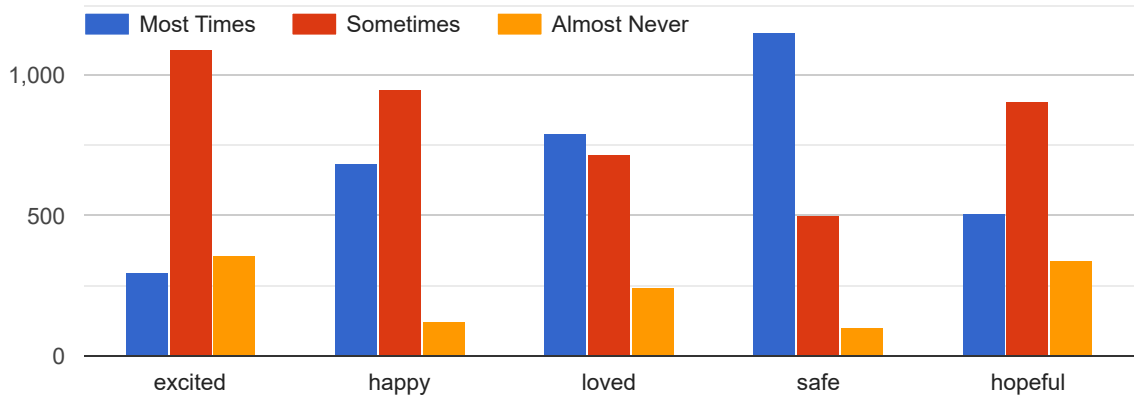

During the past week, how often did you feel _____?

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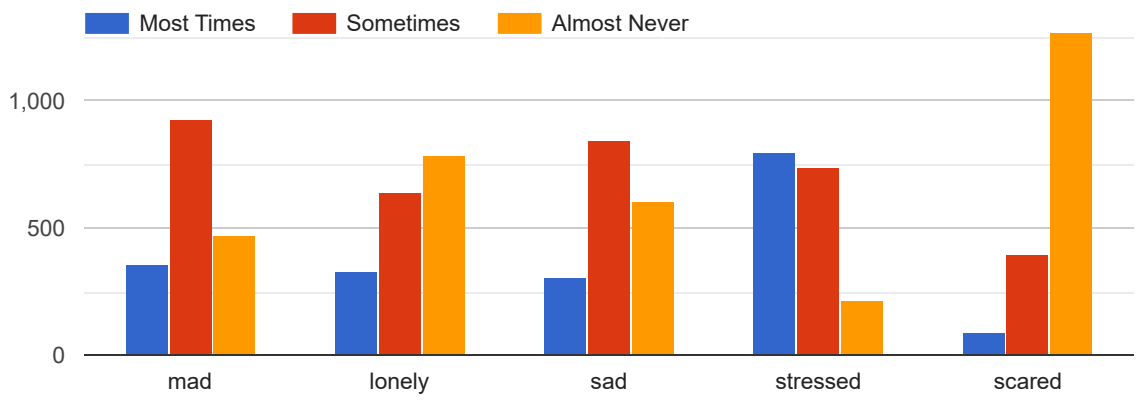

Support Systems

Do you have a teacher or other adult at school that will help you no matter what?

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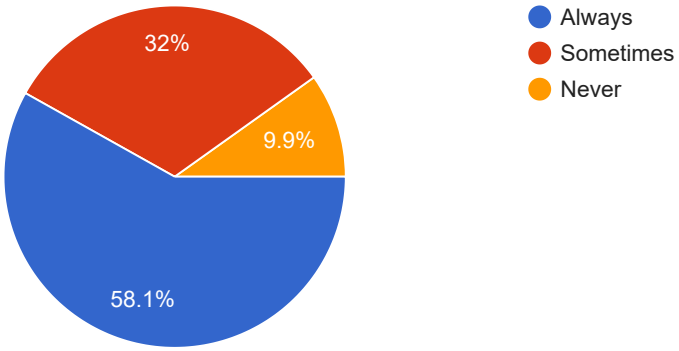
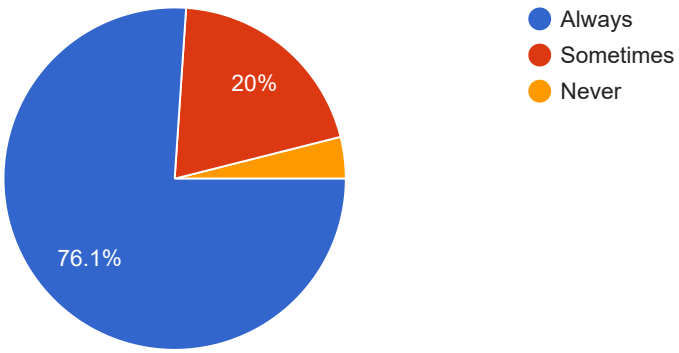
1,755 responses



Do you have an adult or relative at home that will help you no matter what?

Copy

1,755 responses



Do you have a friend or friends at school?

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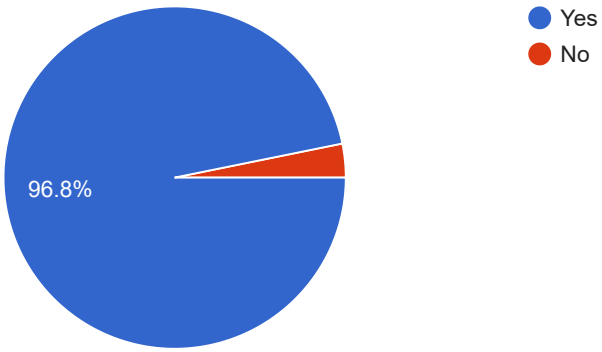
1,755 responses



How often are you able to hang out with friends outside of school?

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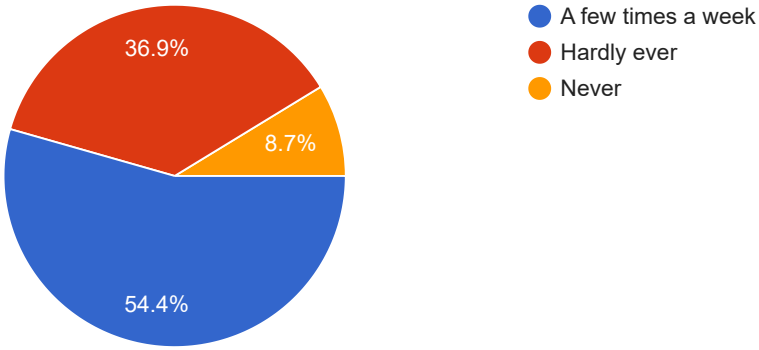
1,755 responses



Please indicate which activities you're involved in outside of school (mark all that apply):

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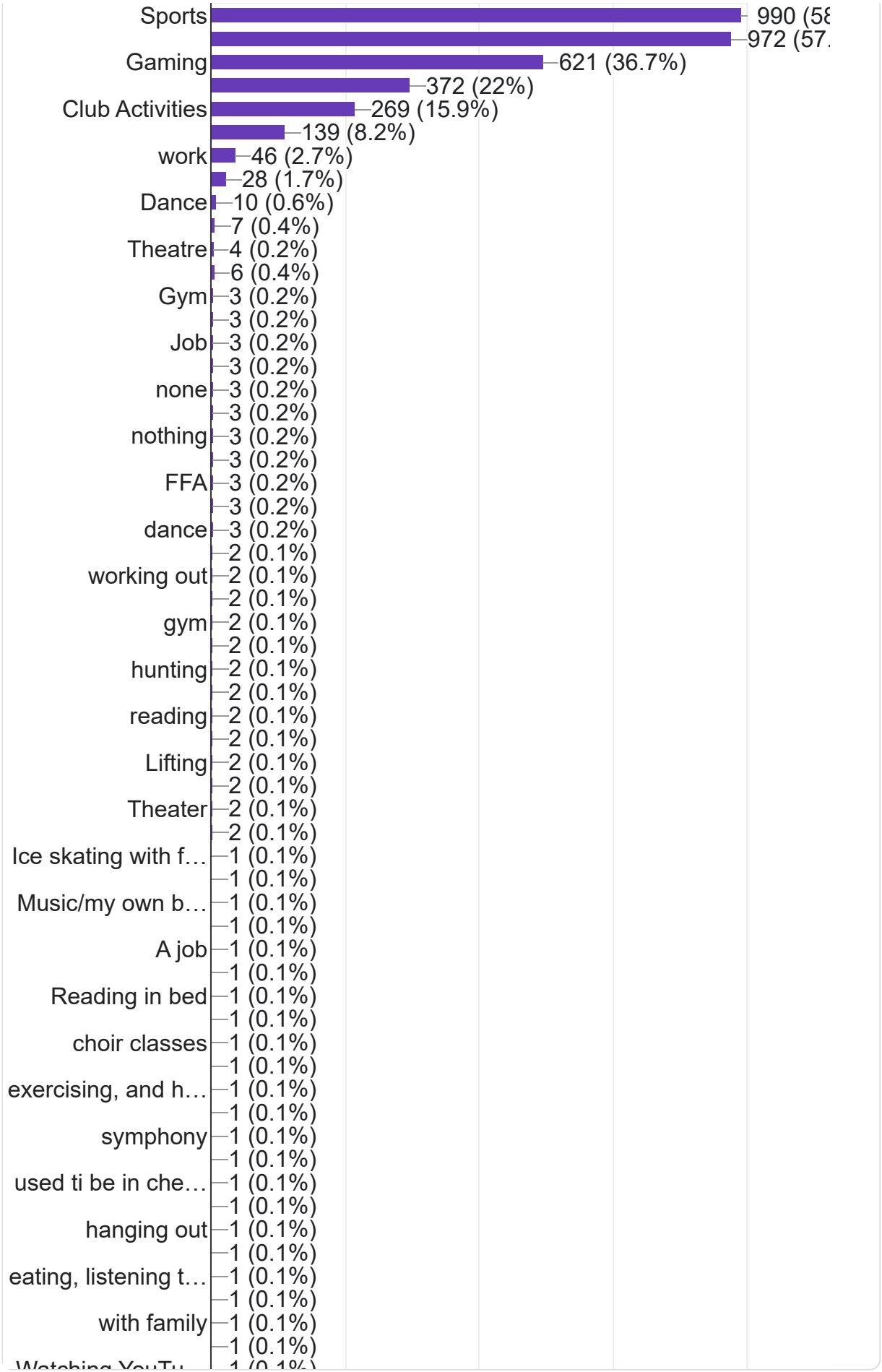
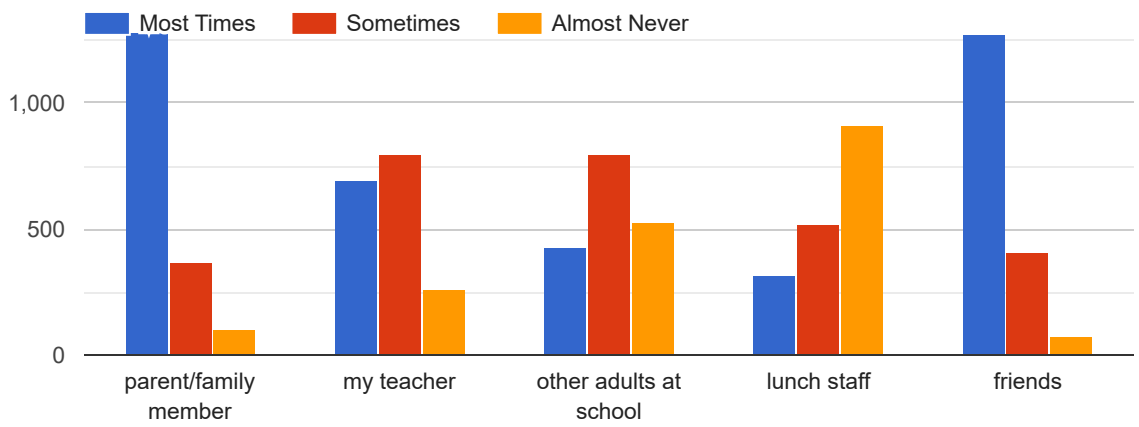
1,694 responses


Sports
990 (58
972 (57.
Gaming
621 (36.7%)
372 (22%)
Club Activities
269 (15.9%)
139 (8.2%)
work
46 (2.7%)
28 (1.7%)
Dance
10 (0.6%)
7 (0.4%)
Theatre
4 (0.2%)
6 (0.4%)
Gym
3 (0.2%)
3 (0.2%)
Job
3 (0.2%)
3 (0.2%)
none
3 (0.2%)
3 (0.2%)
nothing
3 (0.2%)
3 (0.2%)
FFA
3 (0.2%)
3 (0.2%)
dance
3 (0.2%)
2 (0.1%)
working out
2 (0.1%)
2 (0.1%)
gym
2 (0.1%)
2 (0.1%)
hunting
2 (0.1%)
2 (0.1%)
reading
2 (0.1%)
2 (0.1%)
Lifting
2 (0.1%)
2 (0.1%)
Theater
2 (0.1%)
2 (0.1%)
Ice skating with f…
1 (0.1%)
1 (0.1%)
Music/my own b…
1 (0.1%)
1 (0.1%)
A job
1 (0.1%)
1 (0.1%)
Reading in bed
1 (0.1%)
1 (0.1%)
choir classes
1 (0.1%)
1 (0.1%)
exercising, and h…
1 (0.1%)
1 (0.1%)
symphony
1 (0.1%)
1 (0.1%)
used ti be in che…
1 (0.1%)
1 (0.1%)
hanging out
1 (0.1%)
1 (0.1%)
eating, listening t…
1 (0.1%)
1 (0.1%)
with family
1 (0.1%)
1 (0.1%)

How often do the following people help you when you need it?

Copy



Last year, we received information about how students deal with their stress. What activities could we offer at school to help you relax and cope with stress?

1,755 responses

idk

nap time

I don't know

i dont know

yoga

Nap time

less homework

sleep

nap time

nothing

Less homework

N/A

Nothing

.

sports

none

Nap Time

None

I don't know

Sports

listen to music

music

listening to music

start school later

i don't know

n/a

going outside

Sleep

Sports

nap

Not sure

Idk

stress balls

?

Study hall

Nap time

less homework

I dont know

More free time

less work load

I have no idea

Nap time.

NAP TIME

brain breaks

nap time.

listen to music

not as much homework

music

sleep

No homework

sports

Start school later

less work

longer homeroom

More school activities

I'm not sure

i dont know

nap hour

sleeping

no homework

no school

longer lunch

naps

Naptime

breaks during class

no clue

Sleeping

running

nun

Play music in between school bells.

netflix/distraction

Teaching how to cope with anxiety and stress.

Just don't get stressed. It's a mental process that I choose not to partake in.

Less judgement and help students be excited about school

Counseling

educate your staff that we are going through one of the most stressful times, and they should be more worried about taking the time to help us learn instead of giving us tons of homework and being shocked when its not done.

Less work, later start to school, mental health days.

Being able to take a break when needed

extra help with school and less homework

Maybe just make sure everyone knows that things get better. and that school shouldn't be a bad thing.

Offer real help, such as a real therapist. Do more about stopping discrimination against lgbtq. Have teachers take proper classes on how to tell/understand mental issues.

Encourage going to STRIVE on thursdays during homeroom in the tracks center. STRIVE is for those who are struggling.

A lot of stress for students comes from the work we get in school. I don't think there is much besides a homeroom that can help with this problem. As long as I have a homeroom, something to get work done that helps with the stress of school

walking periods

Coloring or drawing, or jusy sleeping

Weightlifting club

the school already has most things that help me relax such as art classes and theatre activities

Academic help

Quiet classroom

I think that it gets really overwhelming when we have so much work and overwhelming amounts of pressure, and then are expected at the same time to preform above others. I think that there needs to be greater resources available to students who need a certain amount of help that they otherwise cannot get.

coloring

Free period/more opportunities to create personal, unguided art or music projects

Nothing before or after school but I can't think of anything.

Listening to my music, chewing gum

let us listen to music and give us fidget things for class

Lifting

More free time to destress like more optional spirit assemblies so ig ¯\(•_•)/¯

What activities that could be used is maybe more clubs like the E-Sports teams.

More fun activities for students to take a break from school work and stress, especially as a senior with all the scholarships and college stuff

1,384 more responses are hidden