

## Learning from Home Module

**2020-2021**

This survey asks about your behavior, experiences, and attitudes related to learning, health, and well-being while your school has been closed due to the novel coronavirus (COVID-19).

The survey is voluntary. **You do not have to answer these questions**, but your answers will be very helpful to your school in improving your online learning experiences as you continue to participate in school from home.

Mark only one answer unless told to ***“Mark All That Apply.”***

**Thank you for taking this survey!**

## Learning from Home Module

**First, we would like some background information about you.**

1. What grade are you in?

- |               |                |
|---------------|----------------|
| A) 6th grade  | F) 11th grade  |
| B) 7th grade  | G) 12th grade  |
| C) 8th grade  | H) Other grade |
| D) 9th grade  | I) Ungraded    |
| E) 10th grade |                |

2. What is your gender?

- A) Male
- B) Female
- C) Nonbinary

3. What is your race or ethnicity? (*Mark All That Apply.*)

- |                                     |  |
|-------------------------------------|--|
| A) American Indian or Alaska Native | E) Native Hawaiian or Pacific Islander |
| B) Asian                            | F) White                               |
| C) Black or African American        | G) Other                               |
| D) Hispanic/Latinx                  |  |

4. Before your school was closed, did you receive free or reduced-price lunches at school?  
(Receiving free or reduced-price lunches means that lunch at school was provided to you for free or you paid less for it.)

- A) No
- B) Yes
- C) Don't know

5. What time did you go to bed last night?

- |                   |                   |
|-------------------|-------------------|
| A) Before 7:00 pm | E) 10:00–10:59 pm |
| B) 7:00–7:59 pm   | F) 11:00–11:59 pm |
| C) 8:00–8:59 pm   | G) 12:00–12:59 am |
| D) 9:00–9:59 pm   | H) After 1:00 am  |

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6. What time did you wake up this morning?

- |                   |                   |
|-------------------|-------------------|
| A) Before 5:00 am | F) 9:00–9:59 am   |
| B) 5:00–5:59 am   | G) 10:00–10:59 am |
| C) 6:00–6:59 am   | H) 11:00–11:59 am |
| D) 7:00–7:59 am   | I) 12 pm or later |
| E) 8:00–8:59 am   |                   |

7. Did you eat a meal after you woke up?

- A) No  
B) Yes

On how many of the past **7 days** did you...

- |  | <u>0</u> | <u>1</u> | <u>2</u> | <u>3</u> | <u>4</u> | <u>5</u> | <u>6</u> | <u>7</u> |
|--|----------|----------|----------|----------|----------|----------|----------|----------|
| 8. work on schoolwork from home?   | A        | B        | C        | D        | E        | F        | G        | H        |
| 9. participate in a school class using an online video chatting app that allows your teacher to talk to students? (Zoom, Google Hangouts, Microsoft Teams) | A        | B        | C        | D        | E        | F        | G        | H        |
| 10. use an online video chatting app to talk to your friends? (FaceTime, Houseparty, Zoom, Google Hangouts)  | A        | B        | C        | D        | E        | F        | G        | H        |
| 11. Over that past <b>7 days</b> , how many hours did you do schoolwork from home on the average weekday?  |          |          |          |          |          |          |          |          |
| A) Less than 1 hour  |          |          |          |          |          |          |          |          |
| B) Between 1 and 2 hours   |          |          |          |          |          |          |          |          |
| C) Between 2 and 3 hours   |          |          |          |          |          |          |          |          |
| D) Between 3 and 4 hours   |          |          |          |          |          |          |          |          |
| E) Between 4 and 5 hours   |          |          |          |          |          |          |          |          |
| F) More than 5 hours   |          |          |          |          |          |          |          |          |

12. What time did you start your schoolwork from home today?

- |                   |                   |
|-------------------|-------------------|
| A) Before 7:00 am | E) 10:00–10:59 am |
| B) 7:00–7:59 am   | F) 11:00–11:59 am |
| C) 8:00–8:59 am   | G) 12 pm or later |
| D) 9:00–9:59 am   |                   |

## Learning from Home Module

**Describe how TRUE you feel each of the following statements is about your experiences with adults from your school since it was closed to help stop the spread of the novel coronavirus (COVID-19).**

*There is a teacher or some other adult from my school...*

	Not At All True	A Little True	Pretty Much True	Very Much True
13. who really cares about me.	A	B	C	D
14. who tells me when I do a good job.	A	B	C	D
15. who provides me with interesting activities to do while I am learning from home.	A	B	C	D
16. who always wants me to do my best.	A	B	C	D
17. who checks on how I am doing.	A	B	C	D
18. who believes that I will be a success.	A	B	C	D
19. During the past <b>month</b> , how many times did other students spread mean rumors or lies, or hurtful pictures, about you online, on social media, or on a cell phone?				
A) 0 times (never)				
B) 1 time				
C) 2–3 times				
D) 4 or more times				

## Learning from Home Module

*How strongly do you agree or disagree with the following statements about doing your schoolwork from home?*

	<u>Strongly Disagree</u>	<u>Disagree</u>	<u>Neither Disagree Nor Agree</u>	<u>Strongly Agree</u>	<u>Strongly Agree</u>
20. It is hard for me to stay focused when doing my schoolwork from home.	A	B	C	D	E
21. I am interested in the schoolwork I do from home.	A	B	C	D	E
22. I try hard to make sure that I am good at my schoolwork that I do from home.	A	B	C	D	E
23. I try hard on my schoolwork because I am interested in it.	A	B	C	D	E
24. I work hard to try to understand new things when doing my school assignments from home.	A	B	C	D	E
25. I am always trying to do better in my schoolwork that I do from home.	A	B	C	D	E

*On how many of the past **7 days** did you...*

	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>
26. exercise or do a physical activity for at least 20 minutes that made you sweat and breathe hard? (For example, basketball, soccer, running, fast bicycling, fast dancing, or similar aerobic activities.)	A	B	C	D	E	F	G	H
27. participate in a physical activity for at least 30 minutes that did not make you sweat and breathe hard? (For example, fast walking, slow bicycling, shooting baskets, raking leaves, or mopping floors.)	A	B	C	D	E	F	G	H

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Over the past month, how true do you feel these statements are about you?

	<u>Not At All True</u>	<u>A Little True</u>	<u>Pretty Much True</u>	<u>Very Much True</u>
28. I had a hard time breathing because I was anxious.	A	B	C	D
29. I was tense and uptight.	A	B	C	D
30. I had a hard time relaxing.	A	B	C	D
31. I felt sad and down.	A	B	C	D
32. I was easily irritated.				
33. It was hard for me to cope and I thought I would panic.	A	B	C	D
34. It was hard for me to get excited about anything.	A	B	C	D
35. I was easily annoyed and sensitive.	A	B	C	D

Please tell us how true each statement is of you.

	<u>Not At All True</u>	<u>A Little True</u>	<u>Pretty Much True</u>	<u>Very Much True</u>
36. I can work out my problems.	A	B	C	D
37. I can do most things if I try.	A	B	C	D
38. There are many things that I do well.	A	B	C	D
39. I understand my moods and feelings.	A	B	C	D
40. I understand why I do what I do.	A	B	C	D
41. When I need help I find someone to talk with.	A	B	C	D
42. Each day I look forward to having a lot of fun.	A	B	C	D

## Learning from Home Module

*Please tell us how true each statement is of you.*

	<u>Not At All True</u>	<u>A Little True</u>	<u>Pretty Much True</u>	<u>Very Much True</u>
43. I usually expect to have a good day.	A	B	C	D
44. Overall, I expect more good things to happen to me than bad things.	A	B	C	D
45. I try to work out my problems by talking or writing about them.	A	B	C	D
46. I trust my ability to solve difficult problems.	A	B	C	D
47. On most days I feel GRATEFUL.	A	B	C	D
48. On most days I feel THANKFUL.	A	B	C	D
49. On most days I feel APPRECIATIVE.	A	B	C	D

*How true do you feel these statements are about your family and friends?*

	<u>Not At All True</u>	<u>A Little True</u>	<u>Pretty Much True</u>	<u>Very Much True</u>
50. There is an adult who really cares about me.	A	B	C	D
51. There is an adult who talks with me about my problems.	A	B	C	D
52. There is an adult who helps me when I am having a hard time.	A	B	C	D
53. I have a friend my age who really cares about me.	A	B	C	D
54. I have a friend my age who talks with me about my problems.	A	B	C	D
55. I have a friend my age who helps me when I am having a hard time.	A	B	C	D