

Measuring Hope, Engagement, and Well-Being of America's Students

1. Please imagine a ladder with steps numbered from zero at the bottom to ten at the top. The top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you. On which step of the ladder would you say you personally feel you stand at this time?

On which step do you think you will stand about five years from now?

2. I know I will graduate from high school.
3. There is an adult in my life who cares about my future.
4. I can think of many ways to get good grades.
5. I energetically pursue my goals.
6. I can find lots of ways around any problem.
7. I know I will find a good job after I graduate.
8. I have a best friend at school.
9. I feel safe in this school.
10. My teachers make me feel my schoolwork is important.
11. If I miss school, an adult from school calls home to ask how I am doing.
12. At this school, I have the opportunity to do what I do best every day.
13. In the last seven days, I have received recognition or praise for doing good schoolwork.
14. In the last month, I volunteered my time to help others.

Please think about yesterday, from the morning until the end of the day. Think about where you were, what you were doing, who you were with, and how you felt as you respond to the next six items.

15. Were you treated with respect all day yesterday?
16. Did you smile or laugh a lot yesterday?
17. Did you learn or do something interesting yesterday?
18. Did you have enough energy to get things done yesterday?
19. Do you have health problems that keep you from doing things other people your age can do?
20. If you are in trouble, do you have family or friends you can count on whenever you need them?

Following the 20 core items are demographic items and one randomly selected additional index. The Gallup Student Poll will be administered to students in grades 5 through 12 via a secure Web site at school twice during the school year. For more information, visit www.gallupstudentpoll.com.