

ASD Needs Assessment Student Survey

Qs	Topic
1	School Selection
2-3	Wellbeing
4-9	Supporting Student Mental Health
10-12	Discipline and School Environment
13	Other
14-15	Student Demographics

Welcome!

Thank you for taking time to answer some questions about your thoughts on how to better support students at your school. This survey has 15 questions that will ask you about:

- What helps you do your best at school
- Your school's support for student mental health
- Your school's approach to discipline

Your answers are valuable, private, and will help the Anchorage School District identify and respond to student needs. A third-party consultant will gather the results of the survey. No one at our school or the district will see your answers.

The survey will take approximately five minutes. Thank you for sharing your thoughts and ideas.

Questions

School Selection

Q1 – Which school do you attend?

- Begich Middle School
- Clark Middle School
- Romig Middle School
- Hanshew Middle School
- Bartlett High School
- Betty Davis East High School
- Service High School
- I do not attend a school on this list [SKIP TO END]

Supporting Student Wellbeing

Q2 - What do you need to do your best in school? (Please select your top three choices)

- Kind staff and teachers.
- Extra academic help, like tutoring.
- Support to get along with peers.
- Support to process feelings.
- Support with mental health.
- Safe places to play and exercise.
- Healthy food options at school.
- More time with teachers or staff.
- Knowing how to stay safe online and social media platforms.
- Support for my family's needs, like parenting classes.
- Other (please specify)

Q3 - What makes it hard for you to feel safe and healthy in school? (Please select your top three choices)

- Unwelcoming staff and teachers.
- Lack of academic support.
- Bullying or unsafe conditions.
- Poor peer connections.
- Unable to process feelings with a trusted adult.
- Poor mental health support.
- Not enough physical activity.
- Language barriers.
- Social media.
- Financial difficulties.
- Family culture or belief isn't accepted.
- Other (please specify)

Supporting Student Mental Health

Q4 - How do you define mental health? (Select all that apply)

- Feeling good about life and myself.
- Being able to handle stress and bounce back from hard times.
- Being able to work and learn well.
- Having good connections with others.
- Being able to play and have fun.
- Not having a mental illness
- Other (please specify)
- None of the above

Q5 - Do you think student behavior and mental health are connected? (Choose one)

- Yes, student behavior is closely linked to mental health.
- Sometimes, other things are important too.
- No, student behavior is not linked to mental health.
- Not sure.

Q6 - What role do you believe {Begich Middle School, ...} should have in supporting student mental health?
(Choose one)

- A large role - Schools should coordinate most mental health support.
- A shared role - Schools and families should be partners.
- A small role - Schools should coordinate little mental health support.
- No role - Mental health support should be handled outside of school
- I don't know / Not applicable

Q7 - Does {Begich Middle School, ...} have enough resources to support student mental health?

- More than enough
- Just enough
- Ok
- Not enough
- Missing at our school
- I don't know / Not applicable

Q8 – Where do you learn about mental health and wellness? Select all that apply.

- Family
- Social media
- Google
- School
- Health class
- Friends
- Other (please specify)

Q9 - Schools should ask students about their mental health to better understand what students may need to prepare for college, career and life.

- Strongly agree
- Agree
- Disagree
- Strongly disagree

Discipline and School Environment

Q10 - {Begich Middle School, ...}'s approach to discipline is:

- Very strict
- Somewhat strict
- About right
- Somewhat soft
- Too soft
- I don't know / Not applicable

Q11 – What helps you most to succeed at school? (Please select your top three choices)

- Clear expectations from adults at school
- Consistent expectations and rules from school staff
- Predictable routines at school
- Having rules and expectations posted visually
- Adults who are positive at school
- Adults who are patient at school

- Positive feedback when I'm doing things right at school
- Positive and supportive friends at school
- Opportunities to talk with my peers about my learning
- Frequent reminders of expectations (schoolwide and class announcements)

Q12 – What ideas do you have for how {Begich Middle School, ...} could better support students? [open text]

Anything else?

Q13 - What else would you like to share? [Open text]

Student Demographics

Q14- Do you identify as Hispanic or Latino?

- Yes
- No
- Prefer not say.

Q15 - Which of the following races do you most identify with? (Select one or more)

- White
- Asian
- Black
- Alaska Native
- American Indian
- Native Hawaiian or Pacific Islander
- Other (please specify)
- Prefer not to say

If you need support following this survey, please reach out to your school counselor or other trusted adult at school.

Other Resources

- STOPit empowers students to anonymously report online harassment, bullying, alcohol or drug use, depression, campus violence, school vandalism, or to help friends in need. The report goes directly to school administrators or counselors. STOPit is completely anonymous to help protect the reporter. Learn [more](#).
- 988 is the national Suicide & Crisis line. Call or text 9-8-8 anytime to speak with a counselor.