



DO2GET Program

Students Questionnaire

Dear Student,

We are excited to invite you to participate in a special questionnaire designed just for you! Your thoughts and feelings matter, and we want to hear all about your experiences, namely with the DO2GET program, in your school. This questionnaire is divided into **XXX** important sections, each exploring a unique aspect of your journey as a student. Your honest and thoughtful responses will help us understand how we can improve the DO2GET program and make your learning experience even better. Thank you for your participation!

The DO2GET Project team

Who am I

Gender: Male Female Prefer not to say

Grade Level: 4th 5th 6th 7th 8th

Age: _____

For how many years have you been attending this school? _____

Code number: _____

Portuguese student nr 1 in class 7B: PT7B1

Serbian student nr 18 in class 51: RS5118

Section 1: My involvement in school

Please rate the following statements on a scale of 1 to 5, where 1 = strongly disagree, and 5 = strongly agree (Strongly Disagree / Disagree / Neutral / Agree / Strongly Agree)

1. I work hard at school.
2. It's important to me that I improve my skills this year.
3. I concentrate on my schoolwork.
4. I feel proud of my school.
5. I am a responsible student.
6. I am treated with as much respect as other students.
7. I complete my schoolwork regularly.

8. In my school I feel that I belong to a group of friends.
9. I take responsibility for working on my goals.
10. There's at least one adult in this school I can talk to if I have a problem.
11. I am good at staying focused on my goals.
12. I am comfortable asking my teacher(s) for help.
13. I know I will graduate from high school.
14. I have a plan for what I want to do after high school.
15. I am hopeful about my future.
16. I work well in a group or team.
17. I can resist doing something when I know I shouldn't do it.
18. It is easy for me to communicate my thoughts and ideas.
19. I can discuss a problem with a friend without making it worse.
20. I am a hard worker.
21. I finish whatever I begin.
22. I can do almost all the work in class.
23. I can learn the things taught in school.
24. What we do in school will help me succeed in life.
25. I try things even if I might fail.

Section 2: How I deal with challenges at school

Please rate the following statements on a scale of 1 to 5, where 1 = strongly disagree, and 5 = strongly agree.

26. **(R)** I believe I can overcome difficulties at school.
27. **(R)** I tend to stay calm when facing obstacles.
28. **(R)** I feel self-confident when I encounter difficulties. I
29. **(R)** I am confident about my problem-solving abilities.
30. **(P)** I like to look for chances to learn new things and to find good opportunities to succeed.
31. **(P)** I like to create opportunities to achieve what I want (e.g. suggest an event, then prepare it and organise it, suggest a new rule etc.)
32. **(P)** I'm good at asking my teachers questions when I need help or don't understand something.
33. **(P)** When I have a complex task to do, I list and arrange what I need to do and then I plan my time wisely to complete all those activities.

Section 3: My coping strategies

Please indicate how often you engage in the following coping strategies when facing challenges at school. (1- Never, 2- Rarely, 3 Sometimes, 4- Often, 5 - Always)

34. Talking to a friend or family member.
35. Seeking help from a teacher/counselor/mentor.
36. Keeping calm and thinking of different possible solutions
37. Trying to resolve my problems in different ways on my own.
38. Using some of the DO2GET techniques

Section 4: The influence of my DO2GET guidebook

Please answer the following questions regarding your experience with your DO2GET guidebook.

39. How often do you use these DO2GET techniques?
(1- Never, 2- Rarely, 3 Sometimes, 4- Often, 5 - Always)
 - a) goal- setting
 - b) action planning
 - c) emergency strategies (replacing steps, rocks and stars technique)
 - d) modelling our friends or other people who are good at the things we have wished to be good at
 - e) tracking your progress
 - f) communication techniques
 - g) learning techniques
 - h) motivation pack
 - i) confidence techniques
40. Do you think the DO2GET guidebook has helped you feel more interested and motivated in school activities and learning? (**The Impact on engagement**) (No, not at all ... Yes, greatly)
41. Do you think the DO2GET guidebook has helped you have better marks in school subjects and do better at school? (**The Impact on academic achievement**) (No, not at all ... Yes, greatly)
42. Do you think the DO2GET guidebook has helped you improve your social skills with others? (resolving conflicts, being more communicative and relaxed in mutual interactions, being more popular, etc) (**The Impact on social skills**)
43. Has the DO2GET guidebook helped you become stronger when things are tough or don't go as planned? (**The Impact on resilience**) (No, not at all ... Yes, greatly)

44. In your opinion, has the DO2GET guidebook helped you become more eager to suggest/initiate, plan and do things in advance? **(The Impact on proactivity)** (No, not at all ... Yes, significantly)
45. How would you rate the overall support and guidance/ usefulness provided by your DO2GET regarding
 - a) solving problems? (Very Poor ... Excellent)
 - b) improving your skills (Very Poor ... Excellent) **(The DO2GET support)**
46. How important do you think following the DO2GET guidebook is for your overall success at school? **(The Impact of the DO2GET guidebook)** (Not Important ... Very Important)
47. How often will you use the Do2GET guidebook as a useful tool after the end of the project without your mentor? (1- Never, 2-Rarely, 3 Sometimes, 4- Often, 5 - Always) **(The Impact on sustainability)**
48. Can you give your general feedback of using the guidebook- what it felt like to use it, what was easy and worked well, what was a bit difficult, how you would improve your using it to overcome those difficulties and to make it more convenient to you ? **(General feedback)** (Open Text Box)

Section 5: The influence of my mentor

Please answer the following questions regarding your experience with your DO2GET mentor at school.

49. How often do you contact your mentor per week? **(Mentor presence)** (Not every week, 2- once per week, 3- two times 4- three to four 5- every day)
50. Do you think your mentor has helped you feel more interested and do better in school activities and learning? **(The Impact on engagement)** (No, not at all ... Yes, greatly)
51. Do you think your mentor has helped you improve your marks and do better at school? **(The Impact on academic achievement)** (Significantly Hindered ... Significantly Improved)
52. Do you think your mentor has helped you improve your social skills with others? (resolving conflicts, being more communicative and relaxed in mutual interactions, being more popular, etc) **(The Impact on social skills)**
53. Has your mentor helped you become stronger when things are tough or don't go as planned? **(The Impact on resilience)** (No, not at all ... Yes, greatly)
54. In your opinion, has your mentor helped you show greater initiative to achieve what you want? (Make conditions to get it, to suggest, to persuade, to do what is needed by yourself, to overcome obstacles, etc.) **(The Impact on proactivity)** (No, not at all ... Yes, greatly)
55. How would you rate the support and guidance provided by your mentor either when you need help with school stuff or becoming better at things? **(The Mentor support)** (Very Poor ... Excellent)
56. How important do you think having a mentor is for your overall success at school? **(The impact of a mentor)** (Not Important ... Very Important)

57. Do you think your mentor has instructed/guided you well on how to use the Do2GET guidebook on your own as a useful tool after the end of the project? (1- Never, 2-Rarely, 3 Sometimes, 4- Often, 5 - Always) **(The Impact on sustainability)**
58. Could you give a few examples how your mentor motivated you to achieve your goals? **(General feedback)** (Open Text Box)

Additional Comments

59. Please share any additional comments or experiences related to your experience with the DO2GET program.
60. (Open Text Box)
61. Please share any additional suggestions or recommendations for further improving the DO2GET program.

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(Open Text Box)

Thank you for completing the DO2GET Questionnaire. Your responses will help us improve the program and better understand and support students in other schools.