

Glossary - Pupil Survey

- **Accused of** - “I am often accused of lying or cheating” → Being told that you did something which you haven’t
- **“At school, I decide things like class activities or rules”** → As a teacher, you may be better placed to give examples. If a student struggles to understand this questions, please provide examples from your class
- **Attention** - “I finish the work I'm doing. My attention is good” → Being able to stick to one task
- **Concentrate** - To be able to focus
- **Feeling close to (“I’ve been feeling close to other people”)** - Having good relationship with others. This might include friendships or relationships with your family
- **Fidgeting or squirming** - “I am constantly fidgeting or squirming” → Move around a lot
- **Hit out** - To hit someone or something/say things to upset someone
- **Home life** - Family life
- **“I do things at home that make a difference (i.e. make things better)”** - Do anything to improve things at home, such as helping around in the house, helping a family member etc.
- **“I do things that make a difference (i.e. make things better)”** - Help others
- **“I have goals and plans for the future”** - As a teacher, you may be better placed to give examples. If a student struggles to understand this questions, please provide examples that the students might have set goals, please allow them to think of long-term goals.
- **“I’ve been able to make up my own mind about things”** - I can make decisions for myself
- **“I’ve been dealing with problems well”** - I have been managing my problems well

- **“In the last month, how often have you felt confident about your ability to handle your personal problems?”** - In the last month, how often have you thought that you are able to work through your problems?
- **“In the last month, how often have you felt that things were going your way?”** - In the last month, how often have you felt that things were going as you want them to go?
- **“In the last month, how often have you felt that you were unable to control the important things in your life?”** - In the last month, how often have you found it have no power over things going on in your life?
- **Leisure activities** - Hobbies
- **Lose my temper** - To get very angry or not be in control of anger
- **Mental health** - We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods.
- **Mildly** (“**I mildly disagree**”) - I disagree a little bit
- **Minor/definite/severe (response options on one of the questionnaire)** - Low / medium / high
- **“...miss you if you weren’t in school”** - Wonder where you are and/or be disappointed if you are not there
- **Moderately** (“**I moderately disagree**”) - I disagree quite a bit
- **Nervous** - (“**I am nervous** in new situations. I easily lose confidence”) - Feeling anxious
- **Optimistic** - (“**I’ve been feeling optimistic** about the future”) - Hopeful
- **Partner** - (“**...pick you for a partner**”) - Pick you to be part of a team or a group
- **Piling Up** (“**In the last month, how often have you felt difficulties were piling up** so high that you could not overcome them?”) - how often have you felt that you had so many problems that you could not overcome them

- **Restless** (“I am restless, I cannot stay still for long”) - unable to stay still or relax
- **“...share things with you”** - Share both physical things (i.e. pencil, book) and information
- **“Sometimes I get involved in things later I wish I could get out of”** - Sometimes I regret things that I do
- **Somewhat true** (response option on one of the questionnaire) - Partly true, partly not true
- **“Sometimes, I get involved in things later I wish I could get out of”** - Sometimes I regret things that I do/sometimes I start doing something and then I feel unhappy about it
- **Thinking clearly** (“I’ve been thinking clearly”) - Being able to focus on thoughts
- **Useful** (“I’ve been feeling useful”) - Helpful
- **Volunteer** (“I often volunteer to help others (parents, teachers, children)”) - Offer to help others without being asked
- **Wellbeing** - A state of being comfortable, healthy and happy. This includes both physical and mental wellbeing which are equally important.
- **Young carer** - Young carer is children and young persons under 18 who provide or intend to provide care, assistance or support to another family member. They carry out, often on a regular basis, significant or substantial caring tasks and assume a level of responsibility which would usually be associated with an adult. The person receiving care is often a parent but can be a sibling, grandparent or other relative who is disabled, has some chronic illness, mental health problem or other condition connected with a need for care, support or supervision.