## School Belonging Scale

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How to cite this questionnaire:

Allen, K-A. & Kern, M. (2018). *School Belonging Scale.* Figshare. Retrieved from: <https://figshare.com/articles/Classroom_Belonging_Scale_docx/7042478>

Doi: 10.6084/m9.figshare.7042478

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**Use as a practitioner tool:**

In reviewing the research (Allen, Kern, Vella-Brodrick, Hattie & Waters, 2018), we identified 6 individual and relational factors that have been found to impact upon school belonging: academic motivation, social and emotional competencies, mental health, teacher, support, parent support, and peer support.

To help identified which factors are most relevant to the needs of your students, have your students complete the following questions. Then, use the scoring codes to determine which areas students are doing well at and where they might be struggling. You could also have students complete this again after intervention has occurred to see if scores improve.

## School Belonging Scale

***Directions***

**Read each of the following statements and indicate how well this describes your thoughts, feelings and experiences (not at all, somewhat, or very much)**

|  | **Not at all** | **Somewhat** | **Very much** |
| --- | --- | --- | --- |
| **Connecting with Teachers** |  |  |  |
| 1. I feel connected with my teachers |  |  |  |
| 2. I get along well with my teachers |  |  |  |
| 3. My teachers care about me as a person |  |  |  |
| 4. My teachers care about my learning |  |  |  |
| 5. I can talk to my teachers about both academic and personal issues |  |  |  |
| 6. My teachers treat me fairly |  |  |  |
| 7. I respect my teachers |  |  |  |
| 8. I feel like my teachers understand who I am as a person |  |  |  |
| 9. I communicate well with my teachers |  |  |  |
| 10. I feel close to my teachers |  |  |  |
|  |  |  |  |
| **Connecting with Parents/ Caregivers** |  |  |  |
| 1. I feel connected with my parent(s)/ caregiver |  |  |  |
| 2. I get along well with my parents |  |  |  |
| 3. My parents care about me as a person |  |  |  |
| 4. My parents care about my learning |  |  |  |
| 5. I can talk to my parents about both academic and personal issues |  |  |  |
| 6. My parents treat me fairly |  |  |  |
| 7. I respect my parents |  |  |  |
| 8. I feel like my parents understand who I am as a person |  |  |  |
| 9. I communicate well with my parents |  |  |  |
| 10. My parents support my learning |  |  |  |
|  |  |  |  |
| **Connection with Peers** |  |  |  |
| 1. I feel connected with my peers at my school |  |  |  |
| 2. I get along well with my peers |  |  |  |
| 3. My peers care about me as a person |  |  |  |
| 4. My peers support my learning |  |  |  |
| 5. I can talk to my peers about both academic and personal issues |  |  |  |
| 6. My peers are accepting and tolerating of others |  |  |  |
| 7. I respect my peers |  |  |  |
| 8. I feel like my peers understand who I am as a person |  |  |  |
| 9. I communicate well with my peers |  |  |  |
| 10. I feel close to my peers |  |  |  |
|  |  |  |  |
| **Connecting with Oneself** |  |  |  |
| 1. I know my strengths and weaknesses |  |  |  |
| 2. I believe I can do the things I try |  |  |  |
| 3. I believe things will work out, even if challenging at the time |  |  |  |
| 4. I understand my thoughts and emotions |  |  |  |
| 5. I like myself as a person |  |  |  |
| 6. I understand who I am as a person |  |  |  |
| 7. I am proud of what I do |  |  |  |
| 8. I get along well with others |  |  |  |
| 9. I’m good at managing my emotions |  |  |  |
| 10. I regularly set and achieve goals |  |  |  |
|  |  |  |  |
| **Connecting with Learning** |  |  |  |
| 1. I enjoy learning new things |  |  |  |
| 2. I am a good student |  |  |  |
| 3. I am motivated to learn at school |  |  |  |
| 4. I have high aspirations for my future |  |  |  |
| 5. I value my classes |  |  |  |
| 6. I have a regular study routine |  |  |  |
| 7. I value my school |  |  |  |
| 8. I feel engaged and interested in my classes |  |  |  |
| 9. I feel comfortable asking for help with my schoolwork when needed |  |  |  |
| 10. I embrace failure |  |  |  |
|  |  |  |  |
| **Connecting with Help** |  |  |  |
| 1. I effectively deal with stress |  |  |  |
| 2. I cope well when things go wrong |  |  |  |
| 3. I feel connected with one or more groups at school |  |  |  |
| 4. I have numerous ways to deal with problems |  |  |  |
| 5. I feel comfortable asking for help when needed |  |  |  |
| 6. I’m generally in a positive mood |  |  |  |
| 7. I easily let go of worries |  |  |  |
| 8. I know where to go for help |  |  |  |
| 9. I rarely feel anxious or depressed |  |  |  |
| 10. I am kind to myself |  |  |  |

***Scoring***

**Within each category, score the responses as:**

**Not at all = 0**

**Somewhat = 1**

**Very much = 2**

**Add up the scores for each category**

Connecting with teachers: \_\_\_\_\_\_\_\_\_\_ Connecting with parents: \_\_\_\_\_\_\_\_\_\_

Connecting with peers: \_\_\_\_\_\_\_\_\_\_ Connecting with oneself: \_\_\_\_\_\_\_\_\_\_

Connecting with learning: \_\_\_\_\_\_\_\_\_\_ Connecting with help: \_\_\_\_\_\_\_\_\_\_

**Scores can range from 0 to 20 in each category. Consider focusing on area where students score lowest.**