Small Group Pre and Post Survey

Listen to each line. Circle or color the face that fits you best.

Same items, same order, same words before and after. Ask about skills, not problems.

About this survey

Student name or code _____ Group _____ Grade _____

Pre date (session 1) _____ Post date (last session) _____ Sessions attended _____

How to answer

 Not yet = 1

 Sometimes = 2

 Yes = 3

Practice: I like ice cream. 

Not yet means I can't do this yet. Sometimes means some of the time. Yes means most of the time.

My skills check

I can...	Before group	After group
1. _____		
2. _____		
3. _____		
4. _____		
5. _____		
6. _____		
7. _____		
8. _____		

In my own words

Before group: write or draw one thing that helps you

_____

_____

After group: what helped you most?

_____

_____

Adult rating (teacher or parent): in the past two weeks, how often?

What you notice (one behavior per line)	Before R	S	O	A	After R	S	O	A
_____	☐	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐	☐

R = rarely (1) S = sometimes (2) O = often (3) A = almost always (4)

Rater: _____

Counselor scoring

Pre total (of 24) _____ Post total (of 24) _____ Change _____ Adult pre (of 16) _____ Adult post (of 16) _____

A program evaluation tool for counseling groups, not a screener or diagnostic test. Follow your district's consent rules.

Small Group Pre and Post Survey

Listen to each line. Circle or color the face that fits you best.

FILLED EXAMPLE · fictional school, group, student and dates

About this survey

Student name or code: MH-07 (Sam P.)

Group: Calm and Brave worry group

Grade: 3

Pre date (session 1): 10/07/2027

Post date (last session): 12/02/2027

Sessions attended: 8 of 8

How to answer

Not yet = 1 | Sometimes = 2 | Yes = 3

Practice: I like ice cream.



Not yet means I can't do this yet. Sometimes means some of the time. Yes means most of the time.

My skills check

I can...	Before group	After group
1. I know worry is a normal feeling.		
2. I can name where I feel worry in my body.		
3. I can use a calm tool when I feel worried.		
4. I can tell a worry thought from a fact.		
5. I can say something brave and kind to myself.		
6. I can tell what I can and cannot control.		
7. I can take a small brave step.		
8. I know an adult at school I can go to for help.		



In my own words

Before group: write or draw one thing that helps you

Hugging my dog.

After group: what helped you most?

Balloon breathing before tests.

Adult rating (teacher or parent): in the past two weeks, how often?

What you notice (one behavior per line)	Before R	Before S	Before O	Before A	After R	After S	After O	After A
Uses a calm tool when upset	☐	☑	☐	☐	☐	☐	☑	☐
Starts tasks without many reassurance questions	☐	☑	☐	☐	☐	☐	☑	☐
Joins in class activities	☐	☑	☐	☐	☐	☐	☑	☐
Asks for help when needed	☑	☐	☐	☐	☐	☑	☐	☐

R = rarely (1) S = sometimes (2) O = often (3) A = almost always (4)

Rater: Ms. Okafor, grade 3 teacher

Counselor scoring

Pre total (of 24): 12

Post total (of 24): 19

Change: +7

Adult pre (of 16): 7

Adult post (of 16): 11

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Small Group Results Summary

Participation, skills data and school data for one group, on one page

Participation data

Group name and topic	Grades	Counselor	Standard(s) targeted

First and last session	Students	Sessions x minutes	Attended / possible	Both surveys done

Skills data, item by item (students who took both surveys)

Item (short)	Pre average	Post average	Change	At "yes" before	At "yes" after

Student log (codes only, keep with your group records)

Code	Sessions	Pre total	Post total	Change	Adult pre	Adult post	Follow up or referral
MH-07	8 of 8	12	19	+7	7	11	Not needed

School data (same length windows before and after)

Data point (group total)	Window before	Baseline	Window after	Final	Change

What it shows, its limits, and what I will change

What the data shows:

Limits (group size, self report, no comparison group):

Next time I will:

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L&T

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