

Social Emotional Health Module

SUPPLEMENT 1

Please tell us how true each statement is of you ...

		Not At All True of Me	A Little True of Me	Pretty Much True of Me	Very Much True of Me
W1.	I can work out my problems.	A	B	C	D
W2.	I can do most things if I try.	A	B	C	D
W3.	There are many things that I do well.	A	B	C	D
W4.	There is a purpose to my life.	A	B	C	D
W5.	My intelligence is something I cannot change very much.	A	B	C	D
W6.	I understand my moods and feelings.	A	B	C	D
W7.	I understand why I do what I do.	A	B	C	D
W8.	I enjoy working together with other students on class activities.	A	B	C	D
W9.	When I do not understand something, I ask the teacher again and again until I understand.	A	B	C	D
W10.	I try to answer all the questions asked in class.	A	B	C	D
W11.	When I try to solve a math problem, I will not stop until I find a final solution.	A	B	C	D
W12.	I accept responsibility for my actions.	A	B	C	D
W13.	I am looking forward to a successful career.	A	B	C	D
W14.	When I make a mistake I admit it.	A	B	C	D
W15.	I can deal with being told no.	A	B	C	D
W16.	I feel bad when someone gets their feelings hurt.	A	B	C	D
W17.	When I need help I find someone to talk with.	A	B	C	D
W18.	I try to understand what other people go through.	A	B	C	D
W19.	I have high goals and expectations for myself.	A	B	C	D
W20.	I try to understand how other people feel and think.	A	B	C	D
W21.	I can wait for what I want.	A	B	C	D
W22.	Challenging myself will not make me any smarter.	A	B	C	D
W23.	I don't bother others when they are busy.	A	B	C	D
W24.	I think before I act.	A	B	C	D
W25.	Each day I look forward to having a lot of fun.	A	B	C	D
W26.	When I work in school groups, I do my fair share.	A	B	C	D
W27.	I usually expect to have a good day.	A	B	C	D
W28.	Overall, I expect more good things to happen to me than bad things.	A	B	C	D

Social Emotional Health Module

SUPPLEMENT 1

Please tell us how true each statement is of you...

	<u>Not At All True of Me</u>	<u>A Little True of Me</u>	<u>Pretty Much True of Me</u>	<u>Very Much True of Me</u>
W29. I try to work out my problems by talking or writing about them.	A	B	C	D
W30. There are some things I am not capable of learning.	A	B	C	D
W31. I like to listen to other students' ideas in class.	A	B	C	D
W32. I don't expect very much of myself in the future.	A	B	C	D
W33. I trust my ability to solve difficult problems.	A	B	C	D
W34. If I am not naturally smart in a subject, I will never do well in it.	A	B	C	D

How true do you feel these statements are about your family and friends?

	<u>Not At All True</u>	<u>A Little True</u>	<u>Pretty Much True</u>	<u>Very Much True</u>
W35. My family members really help and support one another.	A	B	C	D
W36. There is a feeling of togetherness in my family.	A	B	C	D
W37. My family really gets along well with each other.	A	B	C	D
W38. I have a friend my age who really cares about me.	A	B	C	D
W39. I have a friend my age who talks with me about my problems.	A	B	C	D
W40. I have a friend my age who helps me when I'm having a hard time.	A	B	C	D

Please tell us how strongly you feel the following emotion ...

	<u>Not At All</u>	<u>A Little</u>	<u>Somewhat</u>	<u>Quite A Lot</u>	<u>Extremely</u>
W41. Since yesterday, how much have you felt GRATEFUL?	A	B	C	D	E
W42. Since yesterday, how much have you felt THANKFUL?	A	B	C	D	E
W43. Since yesterday, how much have you felt APPRECIATIVE?	A	B	C	D	E

Social Emotional Health Module

SUPPLEMENT 1

How do you feel right now?

	<u>Not At All</u>	<u>A Little</u>	<u>Somewhat</u>	<u>Quite A Lot</u>	<u>Extremely</u>
W44. How much do you feel ENERGETIC right now?	A	B	C	D	E
W45. How much do you feel ACTIVE right now?	A	B	C	D	E
W46. How much do you feel LIVELY right now?	A	B	C	D	E