

Social Emotional Health Module

SUPPLEMENT 1

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

		Not At All True	A Little True	Pretty Much True	Very Much True
X1.	I can work out my problems.	A	B	C	D
X2.	I can do most things if I try.	A	B	C	D
X3.	There are many things that I do well.	A	B	C	D
X4.	There is a purpose to my life.	A	B	C	D
X5.	My intelligence is something I cannot change very much.	A	B	C	D
X6.	I understand my moods and feelings.	A	B	C	D
X7.	I understand why I do what I do.	A	B	C	D
X8.	I enjoy working together with other students on class activities.	A	B	C	D
X9.	When I do not understand something, I ask the teacher again and again until I understand.	A	B	C	D
X10.	I try to answer all the questions asked in class.	A	B	C	D
X11.	When I try to solve a math problem, I will not stop until I find a final solution.	A	B	C	D
X12.	I accept responsibility for my actions.	A	B	C	D
X13.	I am looking forward to a successful career.	A	B	C	D
X14.	When I make a mistake I admit it.	A	B	C	D
X15.	I can deal with being told no.	A	B	C	D
X16.	I feel bad when someone gets their feelings hurt.	A	B	C	D
X17.	When I need help I find someone to talk with.	A	B	C	D
X18.	I try to understand what other people go through.	A	B	C	D
X19.	I have high goals and expectations for myself.	A	B	C	D
X20.	I try to understand how other people feel and think.	A	B	C	D
X21.	I can wait for what I want.	A	B	C	D
X22.	Challenging myself will not make me any smarter.	A	B	C	D
X23.	I don't bother others when they are busy.	A	B	C	D
X24.	I think before I act.	A	B	C	D
X25.	Each day I look forward to having a lot of fun.	A	B	C	D
X26.	When I work in school groups, I do my fair share.	A	B	C	D
X27.	I usually expect to have a good day.	A	B	C	D
X28.	Overall, I expect more good things to happen to me than bad things.	A	B	C	D

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

		Not At All True	A Little True	Pretty Much True	Very Much True
X29.	I try to work out my problems by talking or writing about them.	A	B	C	D
X30.	There are some things I am not capable of learning.	A	B	C	D
X31.	I like to listen to other students' ideas in class.	A	B	C	D
X32.	I don't expect very much of myself in the future.	A	B	C	D
X33.	I trust my ability to solve difficult problems.	A	B	C	D
X34.	If I am not naturally smart in a subject, I will never do well in it.	A	B	C	D
X35.	On most days I feel GRATEFUL.	A	B	C	D
X36.	On most days I feel THANKFUL.	A	B	C	D
X37.	On most days I feel APPRECIATIVE.	A	B	C	D
X38.	On most days I feel ENERGETIC.	A	B	C	D
X39.	On most days I feel ACTIVE.	A	B	C	D
X40.	On most days I feel ENTHUSIASTIC.	A	B	C	D

Over the past month, how true do you feel these statements are about you?

		Not At All True	A Little True	Pretty Much True	Very Much True
X41.	I had a hard time breathing because I was anxious.	A	B	C	D
X42.	I worried that I would embarrass myself in front of others.	A	B	C	D
X43.	I was tense and uptight.	A	B	C	D
X44.	I had a hard time relaxing.	A	B	C	D
X45.	I felt sad and down.	A	B	C	D
X46.	I was easily irritated.	A	B	C	D
X47.	it was hard for me to cope and I thought I would panic.	A	B	C	D
X48.	it was hard for me to get excited about anything.	A	B	C	D
X49.	I was easily annoyed and sensitive.	A	B	C	D
X50.	I was scared for no good reason.	A	B	C	D

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

		Not At All True	A Little True	Pretty Much True	Very Much True
X51.	My family members really help and support one another.	A	B	C	D
X52.	There is a feeling of togetherness in my family.	A	B	C	D
X53.	My family really gets along well with each other.	A	B	C	D
X54.	I have a friend my age who really cares about me.	A	B	C	D
X55.	I have a friend my age who talks with me about my problems.	A	B	C	D
X56.	I have a friend my age who helps me when I'm having a hard time.	A	B	C	D