X1. Do you get along or work well with students who are different from you?
   A) No, never
   B) Yes, some of the time
   C) Yes, most of the time
   D) Yes, all of the time

X2. Do you enjoy working with other students?
   A) No, never
   B) Yes, some of the time
   C) Yes, most of the time
   D) Yes, all of the time

X3. Do you try to understand how other people feel?
   A) No, never
   B) Yes, some of the time
   C) Yes, most of the time
   D) Yes, all of the time

X4. Do you feel bad when someone else gets their feelings hurt?
   A) No, never
   B) Yes, some of the time
   C) Yes, most of the time
   D) Yes, all of the time

X5. Do you try to understand what other people go through?
   A) No, never
   B) Yes, some of the time
   C) Yes, most of the time
   D) Yes, all of the time

X6. Do you feel thankful to go to your school?
   A) No, never
   B) Yes, some of the time
   C) Yes, most of the time
   D) Yes, all of the time.
X7. Do you listen to other students’ ideas?
   A) No, never
   B) Yes, some of the time
   C) Yes, most of the time
   D) Yes, all of the time

X8. Can you do most things if you try?
   A) No, never
   B) Yes, some of the time
   C) Yes, most of the time
   D) Yes, all of the time

X9. Can you work out your problems?
   A) No, never
   B) Yes, some of the time
   C) Yes, most of the time
   D) Yes, all of the time

X10. Are there many things you do well?
    A) No, never
    B) Yes, some of the time
    C) Yes, most of the time
    D) Yes, all of the time

X11. Do you know where to go for help with a problem?
    A) No, never
    B) Yes, some of the time
    C) Yes, most of the time
    D) Yes, all of the time

X12. Do you try to work out your problems by talking or writing about them?
    A) No, never
    B) Yes, some of the time
    C) Yes, most of the time
    D) Yes, all of the time
X13. When you need help, do you find someone to talk with about it?
   A) No, never  
   B) Yes, some of the time  
   C) Yes, most of the time  
   D) Yes, all of the time

X14. Are you thankful when you get to learn new things at school?
   A) No, never  
   B) Yes, some of the time  
   C) Yes, most of the time  
   D) Yes, all of the time

X15. Do you get really excited when you learn something new at school?
   A) No, never  
   B) Yes, some of the time  
   C) Yes, most of the time  
   D) Yes, all of the time

X16. When you have a problem at school, do you think it will get better in the future?
   A) No, never  
   B) Yes, some of the time  
   C) Yes, most of the time  
   D) Yes, all of the time

X17. Are you thankful to have nice teachers at your school?
   A) No, never  
   B) Yes, some of the time  
   C) Yes, most of the time  
   D) Yes, all of the time

X18. Do you expect that you will feel happy during class time?
   A) No, never  
   B) Yes, some of the time  
   C) Yes, most of the time  
   D) Yes, all of the time
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X19. Do you wake up in the morning excited to go to school?
   A) No, never
   B) Yes, some of the time
   C) Yes, most of the time
   D) Yes, all of the time

X20. Do you feel positive that good things will happen to you at school?
   A) No, never
   B) Yes, some of the time
   C) Yes, most of the time
   D) Yes, all of the time

X21. Do you get excited about your schoolwork?
   A) No, never
   B) Yes, some of the time
   C) Yes, most of the time
   D) Yes, all of the time

X22. Do you feel positive that you will have fun with your friends at school?
   A) No, never
   B) Yes, some of the time
   C) Yes, most of the time
   D) Yes, all of the time

Please tell us how true each statement is for you.

X23. I have a friend my age who really cares about me.
   A) Not at all true
   B) A little true
   C) Pretty much true
   D) Very much true
X24. I have a friend my age who helps me when I am having a hard time.
   A) Not at all true
   B) A little true
   C) Pretty much true
   D) Very much true

X25. I have a friend my age who talks with me about my problems.
   A) Not at all true
   B) A little true
   C) Pretty much true
   D) Very much true

For the next questions, please think about your learning in general.

   A) Not at all true
   B) A little true
   C) Pretty much true
   D) Very much true

X27. There are some things I am not capable of learning.
   A) Not at all true
   B) A little true
   C) Pretty much true
   D) Very much true

X28. If I am not naturally smart in a subject, I will never do well in it.
   A) Not at all true
   B) A little true
   C) Pretty much true
   D) Very much true
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The next questions ask you to describe how satisfied you feel about different parts of your life.

X29. I would describe my satisfaction with **my family life** as…
   A) Very dissatisfied
   B) Dissatisfied
   C) A little dissatisfied
   D) A little satisfied
   E) Satisfied
   F) Very satisfied

X30. I would describe my satisfaction with **my friendships** as…
   A) Very dissatisfied
   B) Dissatisfied
   C) A little dissatisfied
   D) A little satisfied
   E) Satisfied
   F) Very satisfied

X31. I would describe my satisfaction with **my school experiences** as…
   A) Very dissatisfied
   B) Dissatisfied
   C) A little dissatisfied
   D) A little satisfied
   E) Satisfied
   F) Very satisfied

X32. I would describe my satisfaction with **myself** as…
   A) Very dissatisfied
   B) Dissatisfied
   C) A little dissatisfied
   D) A little satisfied
   E) Satisfied
   F) Very satisfied
The questions below ask you how you feel. There are no right or wrong answers. You should just pick the answer which is best for you.

X33. I feel lonely.
   A) Never
   B) Sometimes
   C) Often
   D) Always

X34. I am unhappy.
   A) Never
   B) Sometimes
   C) Often
   D) Always

X35. Nobody likes me.
   A) Never
   B) Sometimes
   C) Often
   D) Always

X36. I worry a lot.
   A) Never
   B) Sometimes
   C) Often
   D) Always

X37. I have problems sleeping.
   A) Never
   B) Sometimes
   C) Often
   D) Always
X38. I feel scared.
A) Never
B) Sometimes
C) Often
D) Always

X39. I worry when I am at school.
A) Never
B) Sometimes
C) Often
D) Always