

## Social Emotional Health Module

## SUPPLEMENT 1

1. **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
2. **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
3. **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
4. **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
5. **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
6. **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

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7. **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
8. **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
9. **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
10. **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
11. **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
12. **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

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13. 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
14. 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
15. 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
16. 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
17. 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
18. 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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19. **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
20. **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
21. **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
22. **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.**

23. **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

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**24. 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

**25. 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.**

**26. Challenging myself won't make me any smarter.**

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

**27. 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

**28. 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.**

29. 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
30. 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
31. 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
32. 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

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**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.**

- 33. I feel lonely.**
- A) Never
  - B) Sometimes
  - C) Often
  - D) Always
- 34. I am unhappy.**
- A) Never
  - B) Sometimes
  - C) Often
  - D) Always
- 35. Nobody likes me.**
- A) Never
  - B) Sometimes
  - C) Often
  - D) Always
- 36. I worry a lot.**
- A) Never
  - B) Sometimes
  - C) Often
  - D) Always
- 37. I have problems sleeping.**
- A) Never
  - B) Sometimes
  - C) Often
  - D) Always

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**38. I feel scared.**

- A) Never
- B) Sometimes
- C) Often
- D) Always

**39. I worry when I am at school.**

- A) Never
- B) Sometimes
- C) Often
- D) Always

FOR REFERENCE ONLY