

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

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