

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
1. I can work out my problems.	A	B	C	D
2. I can do most things if I try.	A	B	C	D
3. There are many things that I do well.	A	B	C	D
4. There is a purpose to my life.	A	B	C	D
5. My intelligence is something I cannot change very much.	A	B	C	D
6. I understand my moods and feelings.	A	B	C	D
7. I understand why I do what I do.	A	B	C	D
8. I enjoy working together with other students on class activities.	A	B	C	D
9. When I do not understand something, I ask the teacher again and again until I understand.	A	B	C	D
10. I try to answer all the questions asked in class.	A	B	C	D
11. When I try to solve a math problem, I will not stop until I find a final solution.	A	B	C	D
12. I accept responsibility for my actions.	A	B	C	D
13. I am looking forward to a successful career.	A	B	C	D
14. When I make a mistake I admit it.	A	B	C	D
15. I can deal with being told no.	A	B	C	D
16. I feel bad when someone gets their feelings hurt.	A	B	C	D
17. When I need help I find someone to talk with.	A	B	C	D

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		Not At All True	A Little True	Pretty Much True	Very Much True
18.	I try to understand what other people go through.	A	B	C	D
19.	I have high goals and expectations for myself.	A	B	C	D
20.	I try to understand how other people feel and think.	A	B	C	D
21.	I can wait for what I want.	A	B	C	D
22.	Challenging myself will not make me any smarter.	A	B	C	D
23.	I don't bother others when they are busy.	A	B	C	D
24.	I think before I act.	A	B	C	D
25.	When I work in school groups, I do my fair share.	A	B	C	D
26.	I try to work out my problems by talking or writing about them.	A	B	C	D
27.	There are some things I am not capable of learning.	A	B	C	D
28.	I like to listen to other students' ideas in class.	A	B	C	D
29.	I don't expect very much of myself in the future.	A	B	C	D
30.	I trust my ability to solve difficult problems.	A	B	C	D
31.	If I am not naturally smart in a subject, I will never do well in it.	A	B	C	D
32.	On most days I feel GRATEFUL.	A	B	C	D
33.	On most days I feel THANKFUL.	A	B	C	D
34.	On most days I feel APPRECIATIVE.	A	B	C	D

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	Not At All True	A Little True	Pretty Much True	Very Much True
35. On most days I feel ENERGETIC.	A	B	C	D
36. On most days I feel ACTIVE.	A	B	C	D
37. On most days I feel ENTHUSIASTIC.	A	B	C	D

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
38. My family members really help and support one another.	A	B	C	D
39. There is a feeling of togetherness in my family.	A	B	C	D
40. My family really gets along well with each other.	A	B	C	D
41. I have a friend my age who really cares about me.	A	B	C	D
42. I have a friend my age who talks with me about my problems.	A	B	C	D
43. I have a friend my age who helps me when I'm having a hard time.	A	B	C	D