

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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