

## 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 |
|---|-----------------|---------------|------------------|----------------|
| X1. I can work out my problems.   | A               | B             | C                | D              |
| X2. I can do most things if I try.  | A               | B             | C                | D              |
| X3. There are many things that I do well.   | A               | B             | C                | D              |
| X4. There is a purpose to my life.  | A               | B             | C                | D              |
| X5. My intelligence is something I cannot change very much.                                   | A               | B             | C                | D              |
| X6. I understand my moods and feelings.   | A               | B             | C                | D              |
| X7. I understand why I do what I do.  | A               | B             | C                | D              |
| X8. I enjoy working together with other students on class activities.                         | A               | B             | C                | D              |
| X9. When I do not understand something, I ask the teacher again and again until I understand. | A               | B             | C                | D              |
| X10. I try to answer all the questions asked in class.  | A               | B             | C                | D              |
| X11. When I try to solve a math problem, I will not stop until I find a final solution.       | A               | B             | C                | D              |
| X12. I accept responsibility for my actions.  | A               | B             | C                | D              |
| X13. I am looking forward to a successful career.   | A               | B             | C                | D              |
| X14. When I make a mistake I admit it.  | A               | B             | C                | D              |
| X15. I can deal with being told no.   | A               | B             | C                | D              |
| X16. I feel bad when someone gets their feelings hurt.  | A               | B             | C                | D              |
| X17. When I need help I find someone to talk with.  | A               | B             | C                | D              |
| X18. I try to understand what other people go through.  | A               | B             | C                | D              |
| X19. I have high goals and expectations for myself.   | A               | B             | C                | D              |
| X20. I try to understand how other people feel and think.                                     | A               | B             | C                | D              |
| X21. I can wait for what I want.  | A               | B             | C                | D              |
| X22. Challenging myself will not make me any smarter.   | A               | B             | C                | D              |
| X23. I don't bother others when they are busy.  | A               | B             | C                | D              |
| X24. I think before I act.  | A               | B             | C                | D              |
| X25. Each day I look forward to having a lot of fun.  | A               | B             | C                | D              |
| X26. When I work in school groups, I do my fair share.  | A               | B             | C                | D              |
| X27. I usually expect to have a good day.   | A               | B             | C                | D              |
| X28. Overall, I expect more good things to happen to me than bad things.                      | A               | B             | C                | D              |

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|  | Not At All<br>True | A Little<br>True | Pretty Much<br>True | Very Much<br>True |
|--|--------------------|------------------|---------------------|-------------------|
| X29. I try to work out my problems by talking or writing about them.       | A                  | B                | C                   | D                 |
| X30. There are some things I am not capable of learning.                   | A                  | B                | C                   | D                 |
| X31. I like to listen to other students' ideas in class.                   | A                  | B                | C                   | D                 |
| X32. I don't expect very much of myself in the future.                     | A                  | B                | C                   | D                 |
| X33. I trust my ability to solve difficult problems.                       | A                  | B                | C                   | D                 |
| X34. If I am not naturally smart in a subject, I will never do well in it. | A                  | B                | C                   | D                 |
| X35. On most days I feel GRATEFUL.   | A                  | B                | C                   | D                 |
| X36. On most days I feel THANKFUL.   | A                  | B                | C                   | D                 |
| X37. On most days I feel APPRECIATIVE.                                     | A                  | B                | C                   | D                 |
| X38. On most days I feel ENERGETIC.  | A                  | B                | C                   | D                 |
| X39. On most days I feel ACTIVE.   | A                  | B                | C                   | D                 |
| X40. On most days I feel ENTHUSIASTIC.                                     | A                  | B                | C                   | D                 |

*Over the past month, how true do you feel these statements are about you?*

|  | Not At All<br>True | A Little<br>True | Pretty Much<br>True | Very Much<br>True |
|--|--------------------|------------------|---------------------|-------------------|
| X41. I had a hard time breathing because I was anxious.          | A                  | B                | C                   | D                 |
| X42. I worried that I would embarrass myself in front of others. | A                  | B                | C                   | D                 |
| X43. I was tense and uptight.                                    | A                  | B                | C                   | D                 |
| X44. I had a hard time relaxing.                                 | A                  | B                | C                   | D                 |
| X45. I felt sad and down.  | A                  | B                | C                   | D                 |
| X46. I was easily irritated.                                     | A                  | B                | C                   | D                 |
| X47. it was hard for me to cope and I thought I would panic.     | A                  | B                | C                   | D                 |
| X48. it was hard for me to get excited about anything.           | A                  | B                | C                   | D                 |
| X49. I was easily annoyed and sensitive.                         | A                  | B                | C                   | D                 |
| X50. I was scared for no good reason.                            | A                  | B                | C                   | D                 |

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*How true do you feel these statements are about your family and friends?*

|   | Not At All<br>True | A Little<br>True | Pretty Much<br>True | Very Much<br>True |
|---|--------------------|------------------|---------------------|-------------------|
| X51. My family members really help and support one another.           | A                  | B                | C                   | D                 |
| X52. There is a feeling of togetherness in my family.                 | A                  | B                | C                   | D                 |
| X53. My family really gets along well with each other.                | A                  | B                | C                   | D                 |
| X54. I have a friend my age who really cares about me.                | A                  | B                | C                   | D                 |
| X55. I have a friend my age who talks with me about my problems.      | A                  | B                | C                   | D                 |
| X56. I have a friend my age who helps me when I'm having a hard time. | A                  | B                | C                   | D                 |

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