

## Resilience &amp; Youth Development Module

## SUPPLEMENT 1

Please mark on your answer sheet how you feel about each of the following statements.

*How true do you feel these statements are about you personally?*

|      |   | Not At All<br>True | A Little<br>True | Pretty Much<br>True | Very Much<br>True |
|------|---|--------------------|------------------|---------------------|-------------------|
| W1.  | I have high goals and expectations for myself.                    | A                  | B                | C                   | D                 |
| W2.  | I plan to graduate from high school.                              | A                  | B                | C                   | D                 |
| W3.  | I plan to go to college or some other school after high school.   | A                  | B                | C                   | D                 |
| W4.  | I am looking forward to a successful career.                      | A                  | B                | C                   | D                 |
| W5.  | I know where to go for help with a problem.                       | A                  | B                | C                   | D                 |
| W6.  | I try to work out problems by talking or writing about them.      | A                  | B                | C                   | D                 |
| W7.  | I can work out my problems.                                       | A                  | B                | C                   | D                 |
| W8.  | I don't expect very much of myself in the future.                 | A                  | B                | C                   | D                 |
| W9.  | I can do most things if I try.                                    | A                  | B                | C                   | D                 |
| W10. | I can work with someone who has different opinions than mine.     | A                  | B                | C                   | D                 |
| W11. | There are many things that I do well.                             | A                  | B                | C                   | D                 |
| W12. | I listen to other students' ideas.                                | A                  | B                | C                   | D                 |
| W13. | I feel bad when someone gets their feelings hurt.                 | A                  | B                | C                   | D                 |
| W14. | I try to understand what other people go through.                 | A                  | B                | C                   | D                 |
| W15. | When I need help, I find someone to talk with.                    | A                  | B                | C                   | D                 |
| W16. | I enjoy working together with other students on class activities. | A                  | B                | C                   | D                 |
| W17. | When I work in school groups, I do my fair share.                 | A                  | B                | C                   | D                 |
| W18. | I stand up for myself without putting others down.                | A                  | B                | C                   | D                 |
| W19. | I try to understand how other people feel and think.              | A                  | B                | C                   | D                 |
| W20. | I trust my ability to solve difficult problems.                   | A                  | B                | C                   | D                 |
| W21. | There is a purpose to my life.                                    | A                  | B                | C                   | D                 |
| W22. | I understand my moods and feelings.                               | A                  | B                | C                   | D                 |
| W23. | I understand why I do what I do.                                  | A                  | B                | C                   | D                 |

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#### How true are these statements about your FRIENDS?

*I have a friend about my own age ...*

|  | Not At All True | A Little True | Pretty Much True | Very Much True |
|--|-----------------|---------------|------------------|----------------|
| W24. who really cares about me.                | A               | B             | C                | D              |
| W25. who talks with me about my problems.      | A               | B             | C                | D              |
| W26. who helps me when I'm having a hard time. | A               | B             | C                | D              |

*My friends ...*

|                                 | Not At All True | A Little True | Pretty Much True | Very Much True |
|---------------------------------|-----------------|---------------|------------------|----------------|
| W27. get into a lot of trouble. | A               | B             | C                | D              |
| W28. try to do what is right.   | A               | B             | C                | D              |
| W29. do well in school.         | A               | B             | C                | D              |

#### How true are these statements about your HOME or the ADULTS WITH WHOM YOU LIVE?

*In my home, there is a parent or some other adult ...*

|  | Not At All True | A Little True | Pretty Much True | Very Much True |
|--|-----------------|---------------|------------------|----------------|
| W30. who expects me to follow the rules.             | A               | B             | C                | D              |
| W31. who is interested in my schoolwork.             | A               | B             | C                | D              |
| W32. who believes that I will be a success.          | A               | B             | C                | D              |
| W33. who talks with me about my problems.            | A               | B             | C                | D              |
| W34. who always wants me to do my best.              | A               | B             | C                | D              |
| W35. who listens to me when I have something to say. | A               | B             | C                | D              |

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*At home, ...*

|  | Not At All True | A Little True | Pretty Much True | Very Much True |
|--|-----------------|---------------|------------------|----------------|
| W36. I do fun things or go fun places with my parents or other adults. | A               | B             | C                | D              |
| W37. I do things that make a difference.                               | A               | B             | C                | D              |
| W38. I help make decisions with my family.                             | A               | B             | C                | D              |

**The next statements are about what might occur outside your school or home, such as in your NEIGHBORHOOD, COMMUNITY, or with an ADULT other than your parents or guardian.**

*Outside of my home and school, there is an adult ...*

|   | Not At All True | A Little True | Pretty Much True | Very Much True |
|---|-----------------|---------------|------------------|----------------|
| W39. who really cares about me.                   | A               | B             | C                | D              |
| W40. who tells me when I do a good job.           | A               | B             | C                | D              |
| W41. who notices when I am upset about something. | A               | B             | C                | D              |
| W42. who believes that I will be a success.       | A               | B             | C                | D              |
| W43. who always wants me to do my best.           | A               | B             | C                | D              |
| W44. whom I trust.                                | A               | B             | C                | D              |

*Outside of my home and school, ...*

|  | Not at All True | A Little True | Pretty Much True | Very Much True |
|--|-----------------|---------------|------------------|----------------|
| W45. I am part of clubs, sports teams, church/temple, or other group activities. | A               | B             | C                | D              |
| W46. I am involved in music, art, literature, sports, or a hobby.                | A               | B             | C                | D              |
| W47. I help other people.  | A               | B             | C                | D              |