

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
W1. I can work out my problems.	A	B	C	D
W2. I can do most things if I try.	A	B	C	D
W3. There are many things that I do well.	A	B	C	D
W4. There is a purpose to my life.	A	B	C	D
W5. My intelligence is something I cannot change very much.	A	F		D
W6. I understand my moods and feelings.	A	B	C	D
W7. I understand why I do what I do.	A	B	C	D
W8. I enjoy working together with other students on class activities.		B		D
W9. When I do not understand something, I ask the teacher again and again until I understand.		F	C	D
W10. I try to answer all the questions asked in class.	A	B	C	D
W11. When I try to solve a math problem, I will not stop until I find a final solution.	A		C	D
W12. I accept responsibility for my actions.		B	C	D
W13. I am looking forward to a successful career.	A	B	C	D
W14. When I make a mistake I admit it.	A	B	C	D
W15. I can deal with being told no.	A	B	C	D
W16. I feel bad when someone gets their feelings hurt.	A	B	C	D
W17. When I need help I find someone to talk with.	A	B	C	D
W18. I try to understand what other people go through.	A	B	C	D
W19. I have high goals and expectations for myself.	A	B	C	D
W20. I try to understand how other people feel and think.	A	B	C	D
W21. I can wait for what I want.	A	B	C	D
W22. Challenging myself will not make me any smarter.	A	B	C	D
W23. I don't bother others when they are busy.	A	B	C	D
W24. I think before I act.	A	B	C	D
W25. Each day I look forward to having a lot of fun.	A	B	C	D
W26. When I work in school groups, I do my fair share.	A	B	C	D
W27. I usually expect to have a good day.	A	B	C	D
W28. Overall, I expect more good things to happen to me than bad things.	A	B	C	D

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Please tell us how true each statement is of you...

	Not At All True	A Little True	Pretty Much True	Very Much True
W29. I try to work out my problems by talking or writing about them.	A	B	C	D
W30. There are some things I am not capable of learning.	A	B	C	D
W31. I like to listen to other students' ideas in class.	A	B	C	D
W32. I don't expect very much of myself in the future.	A	B	C	D
W33. I trust my ability to solve difficult problems.	A	B	C	D
W34. If I am not naturally smart in a subject, I will never do well in it.	A	B	C	D
W35. On most days I feel GRATEFUL.	A	B	C	D
W36. On most days I feel THANKFUL.	A	B	C	D
W37. On most days I feel APPRECIATIVE.	A	B	C	D
W38. On most days I feel ENERGETIC.	A	B	C	D
W39. On most days I feel ACTIVE.	A	B	C	D
W40. 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 True	A Little True	Pretty Much True	Very Much True
W41. I had a hard time breathing because I was anxious.	A	B	C	D
W42. I worried that I would embarrass myself in front of others.	A	B	C	D
W43. I was tense and uptight.	A	B	C	D
W44. I had a hard time relaxing.	A	B	C	D
W45. I felt sad and down.	A	B	C	D
W46. I was easily irritated.	A	B	C	D
W47. it was hard for me to cope and I thought I would panic.	A	B	C	D
W48. it was hard for me to get excited about anything.	A	B	C	D
W49. I was easily annoyed and sensitive.	A	B	C	D
W50. 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 True	A Little True	Pretty Much True	Very Much True
W51. My family members really help and support one another.	A	B	C	D
W52. There is a feeling of togetherness in my family.	A	B	C	D
W53. My family really gets along well with each other.	A	B	C	D
W54. I have a friend my age who really cares about me.	A	B	C	D
W55. I have a friend my age who talks with me about my problems.	A	B	C	D
W56. I have a friend my age who helps me when I'm having a hard time.	A	B	C	D

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