Social Emotional Health Module

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78. 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

79. 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

80. 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

81. 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

82. 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
83. 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.

84. 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

85. Do you keep trying to solve math problems, even when they are really hard?
   A) No, never
   B) Yes, some of the time
   C) Yes, most of the time
   D) Yes, all of the time

86. 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

87. Do you try to 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
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88. 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

89. 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

90. 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

91. 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

92. 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
93. **Do you try to help other students who feel lonely at school?**
   A) No, never
   B) Yes, some of the time
   C) Yes, most of the time
   D) Yes, all of the time

94. **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

95. **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

96. **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

97. **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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98. 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

99. Do you feel thankful that you have friends at your school?
   A) No, never
   B) Yes, some of the time
   C) Yes, most of the time
   D) Yes, all of the time

100. 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

101. Are you full of energy and excitement when doing physical activities at school?
     A) No, never
     B) Yes, some of the time
     C) Yes, most of the time
     D) Yes, all of the time

102. 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
103. 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

104. Do you say “thank you” when someone helps you at school?
   A) No, never
   B) Yes, some of the time
   C) Yes, most of the time
   D) Yes, all of the time

105. Are you full of energy and excitement during recess or free time at school?
   A) No, never
   B) Yes, some of the time
   C) Yes, most of the time
   D) Yes, all of the time

106. Do you get excited when you are doing your classwork?
   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.

107. 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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108. 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

109. 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.

110. 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

111. 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

112. 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