

Social Emotional Health Module

SUPPLEMENT 1

- X1. 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
- X2. 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
- X3. 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
- X4. 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
- X5. 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
- X6. 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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- X7. 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
- X8. 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
- X9. 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
- X10. 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
- X11. 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
- X12. 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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- X13. 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
- X14. 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
- X15. 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
- X16. 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
- X17. 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
- X18. 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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- X19. 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
- X20. 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
- X21. 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
- X22. 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.

- X23. 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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X24. 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

X25. 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.

X26. 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

X27. 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

X28. 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.

X29. 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

X30. 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

X31. 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

X32. 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.

X33. I feel lonely.

- A) Never
- B) Sometimes
- C) Often
- D) Always

X34. I am unhappy.

- A) Never
- B) Sometimes
- C) Often
- D) Always

X35. Nobody likes me.

- A) Never
- B) Sometimes
- C) Often
- D) Always

X36. I worry a lot.

- A) Never
- B) Sometimes
- C) Often
- D) Always

X37. I have problems sleeping.

- A) Never
- B) Sometimes
- C) Often
- D) Always

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X38. I feel scared.

- A) Never
- B) Sometimes
- C) Often
- D) Always

X39. I worry when I am at school.

- A) Never
- B) Sometimes
- C) Often
- D) Always

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