

## 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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