

Resilience & 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 True	A Little True	Pretty Much True	Very Much True
1. I have high goals and expectations for myself.	A	B	C	D
2. I plan to graduate from high school.	A	B	C	D
3. I plan to go to college or some other school after high school.	A	B	C	D
4. I am looking forward to a successful career.	A	B	C	D
5. I know where to go for help with a problem.	A	B	C	D
6. I try to work out problems by talking or writing about them.	A	B	C	D
7. I can work out my problems.	A	B	C	D
8. I don't expect very much of myself in the future.	A	B	C	D
9. I can do most things if I try.	A	B	C	D
10. I can work with someone who has different opinions than mine.	A	B	C	D
11. There are many things that I do well.	A	B	C	D
12. I listen to other students' ideas.	A	B	C	D
13. I feel bad when someone gets their feelings hurt.	A	B	C	D
14. I try to understand what other people go through.	A	B	C	D
15. When I need help, I find someone to talk with.	A	B	C	D
16. I enjoy working together with other students on class activities.	A	B	C	D
17. When I work in school groups, I do my fair share.	A	B	C	D
18. I stand up for myself without putting others down.	A	B	C	D
19. I try to understand how other people feel and think.	A	B	C	D
20. I trust my ability to solve difficult problems.	A	B	C	D
21. There is a purpose to my life.	A	B	C	D
22. I understand my moods and feelings.	A	B	C	D
23. 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
24. who really cares about me.	A	B	C	D
25. who talks with me about my problems.	A	B	C	D
26. 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
27. get into a lot of trouble.	A	B	C	D
28. try to do what is right.	A	B	C	D
29. 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
30. who expects me to follow the rules.	A	B	C	D
31. who is interested in my schoolwork.	A	B	C	D
32. who believes that I will be a success.	A	B	C	D
33. who talks with me about my problems.	A	B	C	D
34. who always wants me to do my best.	A	B	C	D
35. 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
36. I do fun things or go fun places with my parents or other adults.	A	B	C	D
37. I do things that make a difference.	A	B	C	D
38. 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
39. who really cares about me.	A	B	C	D
40. who tells me when I do a good job.	A	B	C	D
41. who notices when I am upset about something.	A	B	C	D
42. who believes that I will be a success.	A	B	C	D
43. who always wants me to do my best.	A	B	C	D
44. 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
45. I am part of clubs, sports teams, church/temple, or other group activities.	A	B	C	D
46. I am involved in music, art, literature, sports, or a hobby.	A	B	C	D
47. I help other people.	A	B	C	D