

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
X1. My intelligence is something I cannot change very much.	A	B	C	D
X2. I enjoy working together with other students on class activities.	A	B	C	D
X3. When I do not understand something, I ask the teacher again and again until I understand.	A	B	C	D
X4. I try to answer all the questions asked in class.	A	B	C	D
X5. When I try to solve a math problem, I will not stop until I find a final solution.	A	B	C	D
X6. I accept responsibility for my actions.	A	B	C	D
X7. I am looking forward to a successful career.	A	B	C	D
X8. When I make a mistake I admit it.	A	B	C	D
X9. I can deal with being told no.	A	B	C	D
X10. I feel bad when someone gets their feelings hurt.	A	B	C	D
X11. I try to understand what other people go through.	A	B	C	D
X12. I have high goals and expectations for myself.	A	B	C	D
X13. I try to understand how other people feel and think.	A	B	C	D
X14. I can wait for what I want.	A	B	C	D
X15. Challenging myself will not make me any smarter.	A	B	C	D
X16. I don't bother others when they are busy.	A	B	C	D
X17. I think before I act.	A	B	C	D
X18. When I work in school groups, I do my fair share.	A	B	C	D

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	Not At All True	A Little True	Pretty Much True	Very Much True
X19. There are some things I am not capable of learning.	A	B	C	D
X20. I like to listen to other students' ideas in class.	A	B	C	D
X21. I don't expect very much of myself in the future.	A	B	C	D
X22. If I am not naturally smart in a subject, I will never do well in it.	A	B	C	D
X23. On most days I feel ENERGETIC.	A	B	C	D
X24. On most days I feel ACTIVE.	A	B	C	D
X25. On most days I feel ENTHUSIASTIC.	A	B	C	D

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
X26. My family members really help and support one another.	A	B	C	D
X27. There is a feeling of togetherness in my family.	A	B	C	D
X28. My family really gets along well with each other.	A	B	C	D