



Student Behavior Checklist

Student's Name: _____ Grade: _____

Teacher: _____ Class: _____

Checklist for Identifying Symptoms of Mood Disorders. Observable behaviors and symptoms

1. ___ Depressed and/or irritable mood
2. ___ Too active or not active enough
3. ___ Deliberately misbehaves in school
4. ___ Unprovoked anger or aggression/fighting
5. ___ Loss of interest in school activities
6. ___ Refusal to complete work
7. ___ Social withdrawal (may openly reject friends or feels left out)
8. ___ Drop in grades
9. ___ Loss of energy and/or sleeping in class
10. ___ Anxiety, ranging from vague worries to extreme fears
11. ___ Difficulty concentrating on assignments or indecision
12. ___ Unable to store new information
13. ___ Unable to retrieve what she/he already knows
14. ___ Forgotten materials/assignments
15. ___ Inappropriate guilt
16. ___ Low self-esteem ("I'm dumb", "can't do anything right", "disappoint others")
17. ___ Frequent absences, trips to clinic, comments on not feeling well
18. ___ Hearing voices inside their head or out, when no one else is around
19. ___ Crying in class
20. ___ Writes or draws about hopelessness, death and suicide themes
21. ___ Talks about dying or suicide
22. ___ Excessive talking or fidgeting
23. ___ Threatens self or others

How to use this checklist: When you have concerns about a student's behavior, check with other teachers to see if they have similar concerns. Chronic behavioral or emotional problems can be signs of a developing mental illness. When you observe any of the symptoms above, note the date. Make any additional notes on the back referencing the checklist number, and keeping the notes as specific and objective as possible. After a set time, share this form with the guidance counselor. S/he will combine it with checklists from other teachers to be used as a reference when consulting with parents. These notes can provide a starting point for a team approach between teachers, counselor, parents and health provider to help clarify the problem and assist the child in overcoming it.