

## CoVitality Secondary Questions and Answers Subdomain Alignment

Belief-in-Self		
Self-Awareness	There is a purpose to my life.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
Self-Awareness	I understand my moods and feelings.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
Self-Awareness	I understand why I do what I do.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
Persistence	When I do not understand something, I ask the teacher again and again until I understand.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
Persistence	I try to answer all the questions asked in class.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
Persistence	When I try to solve a math problem, I will not stop until I find a final solution.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
Self-Efficacy	I can work out my problems.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
Self-Efficacy	I can do most things if I try.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
Self-Efficacy	There are many things that I do well.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me

Emotional Competence		
Empathy	I feel bad when someone gets his or her feelings hurt.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
Empathy	I try to understand what other people go through.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
Empathy	I try to understand how other people feel and think.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
Emotion Reg	I accept responsibility for my actions.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
Emotion Reg	When I make a mistake I admit it.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
Emotion Reg	I can deal with being told no.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
Self-Control	I can wait for what I want.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
Self-Control	I don't bother others when they are busy.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
Self-Control	I think before I act.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me

<b>Belief-in-Others</b>		
<b>Peer Support</b>	I have a friend my age who really cares about me.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
<b>Peer Support</b>	I have a friend my age who talks with me about my problems.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
<b>Peer Support</b>	I have a friend my age who helps me when I'm having a hard time.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
<b>School Support</b>	At my school, there is a teacher or some other adult who always wants me to do my best.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
<b>School Support</b>	At my school, there is a teacher or some other adult who listens to me when I have something to say.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
<b>School Support</b>	At my school, there is a teacher or some other adult who believes that I will be a success.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
<b>Family Coherence</b>	My family members really help and support one another.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
<b>Family Coherence</b>	There is a feeling of togetherness in my family.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
<b>Family Coherence</b>	My family really gets along well with each other.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me

<b>Engaged Living</b>		
<b>Gratitude</b>	Since yesterday how much have you felt GRATEFUL?	1 - Not at all; 2 - Very little; 3 - Somewhat; 4 - Quite a lot; 5 - Extremely
<b>Gratitude</b>	Since yesterday how much have you felt THANKFUL?	1 - Not at all; 2 - Very little; 3 - Somewhat; 4 - Quite a lot; 5 - Extremely
<b>Gratitude</b>	Since yesterday how much have you felt APPRECIATIVE?	1 - Not at all; 2 - Very little; 3 - Somewhat; 4 - Quite a lot; 5 - Extremely
<b>ZEST</b>	How much do you feel ENERGETIC right now?	1 - Not at all; 2 - Very little; 3 - Somewhat; 4 - Quite a lot; 5 - Extremely
<b>ZEST</b>	How much do you feel ACTIVE right now?	1 - Not at all; 2 - Very little; 3 - Somewhat; 4 - Quite a lot; 5 - Extremely
<b>ZEST</b>	How much do you feel ENTHUSIASTIC right now?	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
<b>Optimism</b>	Each day I look forward to having a lot of fun.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
<b>Optimism</b>	I usually expect to have a good day.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me
<b>Optimism</b>	Overall, I expect more good things to happen to me than bad things.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - very much True of me

<b>Life Satisfaction</b>	I would describe my satisfaction with my LIFE OVERALL as: 0 = completely dissatisfied ... 100 = completely satisfied	0-100
<b>Survey Value 1</b>	These questions helped me to privately tell adults about what is going on in my life.	1 - Strongly Disagree; 2 - Moderately Disagree; 3 - Mildly Disagree; 4 - Mildly Agree; 5 - Moderately Agree; 6 - Strongly Agree
<b>Survey Value 1</b>	The questions in this survey were relevant to all students' life experiences.	1 - Strongly Disagree; 2 - Moderately Disagree; 3 - Mildly Disagree; 4 - Mildly Agree; 5 - Moderately Agree; 6 - Strongly Agree
<b>Survey Value 1</b>	The questions in this survey will help my school to better support all students.	1 - Strongly Disagree; 2 - Moderately Disagree; 3 - Mildly Disagree; 4 - Mildly Agree; 5 - Moderately Agree; 6 - Strongly Agree

<b>Psychological Distress</b>	
In the past month, I had a hard time breathing because I was anxious.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - True of me; 5 -Very true of me
In the past month, I worried that I would embarrass myself in front of others.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - True of me; 5 -Very true of me
In the past month, I was tense and uptight.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - True of me; 5 -Very true of me
In the past month, I had a hard time relaxing.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - True of me; 5 -Very true of me
In the past month, I felt sad and down.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - True of me; 5 -Very true of me
In the past month, I was easily irritated because things got in the way of what I was doing.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - True of me; 5 -Very true of me
In the past month, it was hard for me to cope and I thought I would panic.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - True of me; 5 -Very true of me
In the past month, it was hard for me to get excited about anything.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - True of me; 5 -Very true of me
In the past month, I felt unimportant.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - True of me; 5 -Very true of me
In the past month, I was easily annoyed and sensitive.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - True of me; 5 -Very true of me
In the past month, I was scared for no good reason.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - True of me; 5 -Very true of me
In the past month, my life felt pointless.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - True of me; 5 -Very true of me
<b>School Connectedness</b>	
I feel close to people at this school.	1 - Strongly disagree; 2 - Disagree; 3 - Neither disagree nor agree; 4 - Agree; 5 – Strongly agree
I am happy to be at this school.	1 - Strongly disagree; 2 - Disagree; 3 - Neither disagree nor agree; 4 - Agree; 5 – Strongly agree
I feel like I am part of this school.	1 - Strongly disagree; 2 - Disagree; 3 - Neither disagree nor agree; 4 - Agree; 5 – Strongly agree
The teachers at this school treat students fairly.	1 - Strongly disagree; 2 - Disagree; 3 - Neither disagree nor agree; 4 - Agree; 5 – Strongly agree
I feel safe at this school.	1 - Strongly disagree; 2 - Disagree; 3 - Neither disagree nor agree; 4 - Agree; 5 – Strongly agree