



Nichols Screener

1. I can stop and think before acting

☐
Never

☐
Rarely

☐
Often

☐
Always

2. I demonstrate expected behavior at school

☐
Never

☐
Rarely

☐
Often

☐
Always

3. I handle transitions and changes well (example: switching classes/activities)

☐
Never

☐
Rarely

☐
Often

☐
Always

4. I am able to find ways to manage my emotions

☐
Never

☐
Rarely

☐
Often

☐
Always

5. I am able to match my reaction to the size of the problem

☐
Never

☐
Rarely

☐
Often

☐
Always

6. I know what to do when faced with a peer conflict

☐
Never

☐
Rarely

☐
Often

☐
Always

7. I work cooperatively in a group

☐
Never

☐
Rarely

☐
Often

☐
Always

8. I apologize when I do something that upsets someone else

☐
Never

☐
Rarely

☐
Often

☐
Always

9. I feel comfortable discussing my challenges with others

☐
Never

☐
Rarely

☐
Often

☐
Always

10. I understand how someone else feels in different situations

☐
Never

☐
Rarely

☐
Often

☐
Always

11. Do you have at least one adult in school you can go to if you have a problem?

☐

No

☐

Yes



12. Do you have at least one positive friend at school?

☐

No

☐

Yes

13. I am a kind friend and classmate

☐

Never

☐

Rarely

☐

Often

☐

Always

14. I like work I can learn from even if it challenges me

☐

Never

☐

Rarely

☐

Often

☐

Always

15. I am willing to try new things

☐

Never

☐

Rarely

☐

Often

☐

Always

16. I can think of more than one way to solve a problem

☐

Never

☐

Rarely

☐

Often

☐

Always

17. I view mistakes as chances to learn and improve

☐

Never

☐

Rarely

☐

Often

☐

Always

18. When I feel anxious, I know a coping skill I can use to make myself feel better

☐

Never

☐

Rarely

☐

Often

☐

Always

19. I am often worrying about too many things

☐

Never

☐

Rarely

☐

Often

☐

Always

20. When I encounter difficult situations, I know what to do.

☐

Never

☐

Rarely

☐

Often

☐

Always

21. I stay calm when faced with difficult situations and problems.

☐

Never

☐

Rarely

☐

Often

☐

Always

22. I know how to respond when someone is bugging me

☐

Never

☐

Rarely

☐

Often

☐

Always



23. I am able to express my feelings in an appropriate way??

☐

Never

☐

Rarely

☐

Often

☐

Always

SAMPLE FORM