

## Student Wellness Assessment Short Form (5-6)

Directions: *Please tell us how easy or difficult each of the following are for you.*

Response Options: *1 = Very Difficult; 2 = Difficult; 3 = Easy; 4 = Very Easy*

### Self-Awareness: Self-Concept

1. Knowing what my strengths are is usually:

### Self-Awareness: Emotion Knowledge

2. Knowing when my feelings are making it hard for me to focus is usually:
3. Knowing the emotions I feel is usually:
4. Knowing ways I calm myself down is usually:

### Social Awareness

5. Learning from people with different opinions than me is usually:
6. Knowing what people may be feeling by the look on their face is usually:
7. Knowing when someone needs help is usually:

### Self-Management: Emotion Regulation

8. Getting through something even when I feel frustrated is usually:
9. Being patient even when I am really excited is usually:

### Self-Management: Goal Management

10. Finishing tasks even if they are hard for me is usually:
11. Setting goals for myself is usually:

### Self-Management: School Work

12. Doing my schoolwork even when I do not feel like it is usually:
13. Being prepared for tests is usually:

### Relationship Skills

14. Respecting a classmate's opinions during a disagreement is usually:
15. Getting along with my classmates is usually:

### Responsible Decision-Making

16. Thinking about what might happen before making a decision is usually:
17. Knowing what is right or wrong is usually: