

Student Wellness Assessment Long-Form (7-12)

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:
2. Knowing how to get better at things that are hard for me to do at school is usually:
3. Knowing when I am wrong about something is usually:
4. Knowing when I can't control something is usually:

Self-Awareness: Emotion Knowledge

5. Knowing when my feelings are making it hard for me to focus is usually:
6. Knowing the emotions I feel is usually:
7. Knowing ways to make myself feel better when I'm sad is usually:
8. Noticing what my body does when I am nervous is usually:
9. Knowing when my mood affects how I treat others is usually:
10. Knowing ways I calm myself down is usually:

Social Awareness

11. Learning from people with different opinions than me is usually:
12. Knowing what people may be feeling by the look on their face is usually:
13. Knowing when someone needs help is usually:
14. Knowing how to get help when I'm having trouble with a classmate is usually:
15. Knowing how my actions impact my classmates is usually:

Self-Management: Emotion Regulation

16. Getting through something even when I feel frustrated is usually:
17. Being patient even when I am really excited is usually:
18. Staying calm when I feel stressed is usually:
19. Working on things even when I don't like them is usually:

Self-Management: Goal Management

20. Finishing tasks even if they are hard for me is usually:
21. Setting goals for myself is usually:
22. Reaching goals that I set for myself is usually:
23. Thinking through the steps it will take to reach my goal is usually:

Self-Management: School Work

24. Doing my schoolwork even when I do not feel like it is usually:
25. Being prepared for tests is usually:
26. Working on assignments even when they are hard is usually:
27. Planning ahead so I can turn a project in on time is usually:
28. Finishing my schoolwork without reminders is usually:
29. Staying focused in class even when there are distractions is usually:

Relationship Skills

30. Respecting a classmate's opinions during a disagreement is usually:
31. Getting along with my classmates is usually:
32. Sharing what I am feeling with others is usually:
33. Talking to an adult when I have problems at school is usually:
34. Being welcoming to someone I don't usually eat lunch with is usually:
35. Getting along with my teachers is usually:

Responsible Decision-Making

36. Thinking about what might happen before making a decision is usually:
37. Knowing what is right or wrong is usually:
38. Thinking of different ways to solve a problem is usually:
39. Saying "no" to a friend who wants to break the rules is usually:
40. Helping to make my school a better place is usually: