



Student Questionnaire

Student Name: _____ Student Number: _____

We would like to know more about you. Please answer the questions below to the best of your ability.
Your answers will only be shared with the staff of The SPARK Initiative.
Please place an X on the number to indicate your answer.

Example

	Questions	Never	Rarely	Sometimes	Often	Almost always
Ex	I learn new games easily	①	②	③	④	⑤
Ex	I eat lots of candy	①	②	③	④	⑤

Read each sentence below carefully and mark the one answer that best describes you.		Never	Rarely	Some-times	Often	Almost Always
1	I look within myself to solve problems successfully.	①	②	③	④	⑤
2	I am confident in my ability to solve problems successfully.	①	②	③	④	⑤
3	I keep an open mind about what caused a problem.	①	②	③	④	⑤
4	I look at the likely results for each possible solution.	①	②	③	④	⑤
5	If my solution is not working, I will try another solution.	①	②	③	④	⑤
6	I know how to make decisions that are the best for me.	①	②	③	④	⑤
7	I know how to make decisions based on what is best for my future.	①	②	③	④	⑤
8	I consider consequences prior to making decisions.	①	②	③	④	⑤
9	I act on my feelings when faced with making decisions.	①	②	③	④	⑤
10	I am confident in using my thought chain skills when making decisions.	①	②	③	④	⑤
11	I recognize when two people are trying to say the same thing, but in different ways.	①	②	③	④	⑤
12	In conversations with others, I can communicate my side and hear another person's sides as well.	①	②	③	④	⑤
13	I try to see the other person's point of view.	①	②	③	④	⑤
14	I can communicate my feelings without blaming others.	①	②	③	④	⑤
15	I clear my mind before I start a conversation.	①	②	③	④	⑤
16	I keep in mind what I want from a conversation before I start talking to others.	①	②	③	④	⑤

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For office use only 9-9-19

Sch: _____ Classroom _____ facil (88= not applicable) _____ date collected: _____

<i>Please mark the number that typically describes your experience of each of the following:</i>		<i>Almost Never</i>	<i>Sometimes</i>	<i>About Half the Time</i>	<i>Most of the Time</i>	<i>Almost Always</i>
17	When I'm upset, I become out of control.	①	②	③	④	⑤
18	When I'm upset, I lose control over my behavior.	①	②	③	④	⑤
19	When I'm upset, I have difficulty controlling my behavior.	①	②	③	④	⑤
20	I am confused about how I feel.	①	②	③	④	⑤
21	I have difficulty making sense out of my feelings.	①	②	③	④	⑤
22	I have no idea how I am feeling.	①	②	③	④	⑤

<i>Please mark the number that describes your view of each of the following:</i>		<i>Strongly Disagree</i>	<i>Disagree</i>	<i>Neither Agree nor Disagree</i>	<i>Agree</i>	<i>Strongly Agree</i>
23	No matter what happens, my wisdom is always available to me.	①	②	③	④	⑤
24	My feelings are created by what I am thinking.	①	②	③	④	⑤
25	Moods have to do with what people think.	①	②	③	④	⑤
26	If something bad happens to me, it can forever damage my emotions.	①	②	③	④	⑤
27	Even if people are talking bad about me, I don't feel bad about myself.	①	②	③	④	⑤
28	Generally, people have stress because of what they think.	①	②	③	④	⑤
29	I always try to do the best I can.	①	②	③	④	⑤
30	I can overcome stress no matter who is around me or where I am.	①	②	③	④	⑤
31	People's emotions are caused by what they think.	①	②	③	④	⑤
32	Every experience I have is created from what I think.	①	②	③	④	⑤
33	It is possible for people who have had bad experiences to be okay.	①	②	③	④	⑤

<i>Please mark the number that most closely reflects how much you agree or disagree with each statement.</i>		<i>Strongly Disagree</i>	<i>Disagree</i>	<i>Neither Agree nor Disagree</i>	<i>Agree</i>	<i>Strongly Agree</i>
34	I will be able to achieve most of the goals that I set for myself.	①	②	③	④	⑤
35	When facing difficult tasks, I am certain that I will accomplish them.	①	②	③	④	⑤
36	In general, I think that I can obtain outcomes that are important to me.	①	②	③	④	⑤
37	I believe I can succeed at most any endeavor to which I set my mind.	①	②	③	④	⑤
38	I will be able to successfully overcome many challenges.	①	②	③	④	⑤
39	I am confident that I can perform effectively on many different tasks.	①	②	③	④	⑤
40	Compared to other people, I can do most tasks very well.	①	②	③	④	⑤
41	Even when things are tough, I can perform quite well.	①	②	③	④	⑤

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Please read each line carefully and place an X on the number that tells how often each statement is true for you. Example: I like hot weather. If you don't like hot weather at all, you should mark number 1.		Example				
		Almost Never	Not Often	Sometimes	Most of the Time	Almost Always
		①	②	③	④	⑤
How often is each statement <u>true for you</u> ? Please read each line carefully.		Almost Never	Not Often	Sometimes	Most of the Time	Almost Always
42	When I am down, I have friends that help cheer me up.	①	②	③	④	⑤
43	I have a group of friends that I keep in touch with regularly.	①	②	③	④	⑤
44	I have a friend I can trust with my private thoughts and feelings.	①	②	③	④	⑤
45	I have friends who make me laugh.	①	②	③	④	⑤
46	I enjoy being around people my age.	①	②	③	④	⑤
47	I get to spend enough time with my friends.	①	②	③	④	⑤
48	I feel confident around people my age.	①	②	③	④	⑤
49	I feel hopeful about my life.	①	②	③	④	⑤
50	I am confident that I can achieve what I set out to do.	①	②	③	④	⑤
51	I feel confident that I can handle whatever comes my way.	①	②	③	④	⑤
52	I feel good about myself.	①	②	③	④	⑤
53	My life has a sense of purpose.	①	②	③	④	⑤
54	I am a person who can go with the flow.	①	②	③	④	⑤
55	I feel confident to do things by myself.	①	②	③	④	⑤
56	If I have a problem, I can work it out.	①	②	③	④	⑤
57	When things go wrong, I tend to give myself a hard time.	①	②	③	④	⑤
58	I just can't let go of bad feelings.	①	②	③	④	⑤
59	I can't stop worrying about my problems.	①	②	③	④	⑤
60	If something upsets me, it affects how I feel about everything.	①	②	③	④	⑤
61	I tend to think the worst is going to happen.	①	②	③	④	⑤
62	I worry about the future.	①	②	③	④	⑤
63	I dwell on the bad things that happen.	①	②	③	④	⑤
64	My feelings are out of my control.	①	②	③	④	⑤

Go to the next page.

<i>How often is each statement <u>true for you</u>? Please read each line carefully.</i>		<i>Almost Never</i>	<i>Not Often</i>	<i>Sometimes</i>	<i>Most of the Time</i>	<i>Almost Always</i>
65	I find it hard to express myself to others.	①	②	③	④	⑤
66	I feel helpless when faced with a problem.	①	②	③	④	⑤
67	I can share my personal thoughts with others.	①	②	③	④	⑤
68	I find it hard to make important decisions.	①	②	③	④	⑤
69	I have trouble explaining how I am feeling.	①	②	③	④	⑤
70	I can express my opinions when I am in a group.	①	②	③	④	⑤
71	I am a shy person.	①	②	③	④	⑤
72	I find it easy talking to people my age.	①	②	③	④	⑤
73	I feel that what I say counts at school.	①	②	③	④	⑤
74	There is an adult at school who I could talk to if I had a personal problem.	①	②	③	④	⑤
75	I get involved with school activities.	①	②	③	④	⑤
76	At school students help to decide and plan things like school activities and events.	①	②	③	④	⑤
77	I hate going to school.	①	②	③	④	⑤
78	I am bored at school.	①	②	③	④	⑤
79	I try hard in school.	①	②	③	④	⑤
80	My teachers expect too much of me.	①	②	③	④	⑤
81	I join in class discussions.	①	②	③	④	⑤
82	I enjoy going to school.	①	②	③	④	⑤
83	I participate in class.	①	②	③	④	⑤
84	Getting good marks is important to me.	①	②	③	④	⑤

Stop here.