

## All About You in Your School



<b>What is today's date?</b>	<b>What is your birthday?</b>
<b>What year were you born?</b>	
<b>Are you:</b>	
<input type="checkbox"/> Male/Boy	<input type="checkbox"/> Female/Girl
<b>Are you...</b>	
<input type="checkbox"/> African American/Black	<input type="checkbox"/> Latino/Hispanic
<input type="checkbox"/> Asian/Pacific Islander	<input type="checkbox"/> American Indian/Alaskan Native
<input type="checkbox"/> Caucasian/White	<input type="checkbox"/> Other
If you picked "Other" for the last question, how would you describe yourself?	

**If you have extra time, write what you like about school:**

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### Being with Other Kids at School

Being in school means working with other kids.

Circle the number that shows how true each sentence is for you.

There are no right or wrong answers. Just tell us what you do most of the time in school.

	<b>1 Not true</b>	<b>2 A little true</b>	<b>3 A lot true</b>	<b>4 Very true</b>
<b>Practice: I go to school with other kids.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Practice: Sometimes I argue with other kids at school.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
A. I pay attention when other kids present their ideas.	1	2	3	4
B. When other kids are really noisy in class, I have a hard time ignoring them.	1	2	3	4
C. I <i>always</i> do my schoolwork without <i>ever</i> bothering other kids.	1	2	3	4
D. I have a hard time doing what my teacher asks me to.	1	2	3	4
E. I follow school rules.	1	2	3	4
F. I don't pay attention when my teacher talks in class.	1	2	3	4
G. I work well with all the other kids in my class, even the ones I don't like very much.	1	2	3	4
H. Even when kids at school are really mean to me, I forgive them when they say "sorry."	1	2	3	4
I. I don't feel bad when other kids in school get sad.	1	2	3	4
J. I try to make other kids in school feel better.	1	2	3	4
K. I help my school friends when they are having a problem.	1	2	3	4
L. When I'm really busy at school, I don't think about how other kids feel.	1	2	3	4
M. I am nice to other kids when they are feeling bad at school.	1	2	3	4



### Organizing for School

Going to school means thinking and planning.

Sometimes it's a lot to do.

Circle the number that shows how true each sentence is for you.

There are no right or wrong answers.

Just tell us what you do most of the time in school.

	<b>1 Not true</b>	<b>2 A little true</b>	<b>3 A lot true</b>	<b>4 Very true</b>
A. I answer questions in class when I know the answer.	1	2	3	4
B. I don't do any more than I have to in class.	1	2	3	4
C. I have all the books, workbooks, and other things I need with me when I go to school.	1	2	3	4
D. I don't study on my own, even when I know I'm going to have a test.	1	2	3	4
E. I ask questions when I don't understand something in class.	1	2	3	4
F. I don't leave enough time to get my work done in class.	1	2	3	4
G. Sometimes I forget something I need for school.	1	2	3	4
H. I always pay attention in class – I never let my mind wander.	1	2	3	4
I. Once in a while I get so busy I can't finish all my work.	1	2	3	4



### Thinking about Yourself at School

Kids think different things about themselves.

Circle the number that tells how true you think each sentence is **for you**.

There are no right or wrong answers – just tell us how true you think each sentence is.

	<b>1 Not true</b>	<b>2 A little true</b>	<b>3 A lot true</b>	<b>4 Very true</b>
A. I have lots of friends at school.	1	2	3	4
B. At school I make friends easily.	1	2	3	4
C. Most kids at school have more friends than I do.	1	2	3	4
D. I get along with other kids at school easily.	1	2	3	4
E. Kids at school think I am easy to like.	1	2	3	4
F. Other kids at school want me to be their friend.	1	2	3	4
G. I have more friends in school than most other kids.	1	2	3	4
H. I am popular with kids at school who are my own age.	1	2	3	4
I. Most other kids at school like me.	1	2	3	4
J. I am great at school.	1	2	3	4
K. I enjoy my schoolwork more than almost anything else.	1	2	3	4
L. I get good grades in school.	1	2	3	4
M. I hate school.	1	2	3	4
N. I learn things quickly at school.	1	2	3	4
O. I am interested in school.	1	2	3	4
P. I am not a good student.	1	2	3	4
Q. I look forward to school.	1	2	3	4
R. School work is easy for me.	1	2	3	4
S. I love school.	1	2	3	4

**TAKE A BREAK.**

**STAND UP.**

**SHAKE OUT YOUR HANDS.**

**REST YOUR BRAIN.**





### Thinking about How You Learn

These sentences are about the different ways that kids think about learning.

Circle the number that tells how true you think each sentence is.

There are no right or wrong answers – just tell us how true you think each sentence is.

	1 Not true	2 A little true	3 A lot true	4 Very true
<b>Practice: If I read to my pet rock every day, it will get smarter.</b>	1	2	3	4
<b>Practice: You get smarter every year you are in school.</b>	1	2	3	4
A. No matter who you are, you can always become smarter.	1	2	3	4
B. How smart you are is something about you that you can't change very much.	1	2	3	4
C. People are as smart as they are, and they can't really do much to change that.	1	2	3	4
D. People can always change how smart they are.	1	2	3	4
E. You can learn new things, but you can't really change how smart you are.	1	2	3	4
F. You can change how smart you are a lot.	1	2	3	4
G. Learning one new thing is not going to change how smart you are.	1	2	3	4
H. Someone who is not smart at all now could become the smartest person someday.	1	2	3	4
I. You can't totally change how smart you are overnight – it takes a long time and a lot of work.	1	2	3	4
J. A person who starts out having a hard time learning can become very smart later on.	1	2	3	4



### Being a Part of School

Kids have different experiences at their schools.

Circle the number that tells how true you think each sentence is.

There are no right or wrong answers.

Just tell us how true you think each sentence is for you.

	<b>1 Not true</b>	<b>2 A little true</b>	<b>3 A lot true</b>	<b>4 Very true</b>
A. I feel proud to be part of my school.	1	2	3	4
B. The only time I get attention at school is when I cause trouble.	1	2	3	4
C. I was excited to come to school today.	1	2	3	4
D. My teachers don't really care about me.	1	2	3	4
E. I would rather not be in school today.	1	2	3	4
F. I can talk to at least one of my teachers if I have a problem.	1	2	3	4
G. School is one of my favorite places to be.	1	2	3	4
H. School is often a waste of time.	1	2	3	4
I. School is one of the most important things in my life.	1	2	3	4



### Thinking About You As A Learner

School makes kids think about what kind of learner they are.  
 Circle the number that tells how true you think each sentence is.  
 There are no right or wrong answers.  
 Just tell us how true you think each sentence is for you.

	<b>1 Not true</b>	<b>2 A little true</b>	<b>3 A lot true</b>	<b>4 Very true</b>
A. I am sure I can learn everything I am taught in school.	1	2	3	4
B. It does not matter how hard something in school is – I will become great at it.	1	2	3	4
C. I can't figure out how to do the hardest schoolwork.	1	2	3	4
D. I can do almost all my schoolwork if I don't give up.	1	2	3	4
E. If something in school is hard, I can't learn it.	1	2	3	4
F. I can do even the hardest schoolwork if I try.	1	2	3	4
G. This year I will become the best student in my class at school.	1	2	3	4

**If you have extra time, write about a time when you figured out something hard in school:**





### How Do You Keep Going?

In school kids decide how hard to try when things are tough or take a long time. Different kids make different choices. Circle the number that tells how true each sentence is for you.

	<b>1 Not true</b>	<b>2 A little true</b>	<b>3 A lot true</b>	<b>4 Very true</b>
A. When I get a new idea or project I get bored with the ones I was working on before.	1	2	3	4
B. Difficult things don't make me give up. I just keep working on them until I get them right.	1	2	3	4
C. I get really excited by new projects but then I lose interest quickly.	1	2	3	4
D. I work hard on my schoolwork.	1	2	3	4
E. I often make a plan for getting better at my schoolwork, but soon I switch to a different one.	1	2	3	4
F. It is hard for me to keep my attention on projects that last a long time.	1	2	3	4
G. I finish whatever I begin no matter how long it takes.	1	2	3	4
H. I always make a big effort at school.	1	2	3	4
I. Sometimes I stop working on something when I get bored with it.	1	2	3	4
J. I always try really hard everything I do, even things I really don't want to do or really don't like.	1	2	3	4
K. There are times I don't try as hard as I could.	1	2	3	4
L. I have never given up on anything.	1	2	3	4



### Doing Different Things

Kids do lots of different things other than going to school.  
 We want to know about how you think and feel about different things.  
 Circle the number that tells how true each sentence is for you.

	1 Not true	2 A little true	3 A lot true	4 Very true
A. A person can be smart at one thing but have a hard time learning something else.	1	2	3	4
B. You can't get better at everything, but you can get good at some things if you try.	1	2	3	4
C. I am not so good at school, but I am good at other things.	1	2	3	4
D. In school I don't seem so smart, but I can do lots of things well outside of school.	1	2	3	4
E. I may not always be able to do all my schoolwork, but I can do almost everything else if I don't give up.	1	2	3	4
F. I can't always figure out all my schoolwork, but I can figure out lots of other things.	1	2	3	4

If you have extra time, write down a few things that you are good at and a few that are hard for you:

Things I am good at:	Things that are hard for me:

If you have enough time, think about yourself in your school. Write a list of words that describe you when you are at school:

How I feel:

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What I think about:

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How I act:

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