# Resiliency Skills and Survey Questions with Sub-scales

<table>
<thead>
<tr>
<th>Resiliency Skills and Questions:</th>
<th>Student Survey Items:</th>
<th>Sub-Scales:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>EDUCATION</strong></td>
<td>Finish school.</td>
<td>Importance of School</td>
</tr>
<tr>
<td>It’s important that I...</td>
<td>Do well in school.</td>
<td>*Importance of College</td>
</tr>
<tr>
<td>Strongly disagree to Strongly agree</td>
<td>Make sure my teachers know that I want to do well in school.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Get good grades in school.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Learn how to be successful in school.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Go to college.</td>
<td>Social</td>
</tr>
<tr>
<td></td>
<td>Do well in college.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Find out about colleges.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Learn how to be successful in college.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Get a college degree.</td>
<td></td>
</tr>
<tr>
<td><strong>CONFIDENCE</strong></td>
<td>Making new friends at school.</td>
<td></td>
</tr>
<tr>
<td>How confident do you feel in...?</td>
<td>Talking to teachers about homework.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Joining a sports activity.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Asking a question in class</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Joining an after-school club.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Working on a group project.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Getting along with classmates.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Participating in class discussions.</td>
<td></td>
</tr>
<tr>
<td><strong>Not confident at all to Extremely Confident</strong></td>
<td>Taking good notes in class.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Writing a paper for English class.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Understanding what you read in your schoolbooks.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Correctly figuring out math problems.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Turning in your assignments on time.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Going to class every day.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Using the library.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Using a computer to search the Web.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Keeping up to date on school work.</td>
<td></td>
</tr>
<tr>
<td>Resiliency Skills and Questions:</td>
<td>Student Survey Items:</td>
<td>Sub-Scales:</td>
</tr>
<tr>
<td>---------------------------------</td>
<td>-----------------------</td>
<td>-------------</td>
</tr>
<tr>
<td></td>
<td>Doing well on your tests.</td>
<td>Test Taking</td>
</tr>
<tr>
<td></td>
<td>Using a computer to write a paper.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Preparing for a test.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Relaxing during the test.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Studying with others for a test.</td>
<td></td>
</tr>
<tr>
<td>CONNECTIONS</td>
<td>There is a family member who I can talk to about important decisions in my life.</td>
<td>Family Support</td>
</tr>
<tr>
<td>How much do you agree with the following?</td>
<td>Members of my family recognize my abilities and skills.</td>
<td></td>
</tr>
<tr>
<td>Strongly disagree to Strongly agree</td>
<td>There is no one in my family who shares my interests and concerns.**</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I am very close with at least one other member of my family.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>There is no one in my family with whom I feel comfortable talking about my problems.**</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I can talk about school issues or concerns with a family member.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>There are family members I can count on in an emergency.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Teachers here care about their students.</td>
<td>Teacher Connections</td>
</tr>
<tr>
<td></td>
<td>There is a teacher I can go see to talk about the academic problems.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Teachers here respect me.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Teachers here are interested in my success.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>There is a teacher here I can talk to about a personal problem.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I have friends here at school.</td>
<td>Peer Connections</td>
</tr>
<tr>
<td></td>
<td>There are friends I can talk to about important decisions.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>There is a friend I can depend on for help.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I have no friends I can depend on.**</td>
<td></td>
</tr>
<tr>
<td>WELL-BEING</td>
<td>Feelings of danger.</td>
<td>Agitation</td>
</tr>
<tr>
<td>How often have you experience these in the last week?</td>
<td>Breaking things when angry.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fighting with friends.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Feeling cranky.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Losing your temper.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Feeling “jumpy.”</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Becoming easily upset.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Snacking more than usual.</td>
<td></td>
</tr>
<tr>
<td>Resiliency Skills and Questions:</td>
<td>Student Survey Items:</td>
<td>Sub-Scales:</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
<td>-----------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td><strong>Almost never to Almost always</strong></td>
<td>Overeating.</td>
<td>Eating Problems</td>
</tr>
<tr>
<td></td>
<td>Increased appetite.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mood swings.</td>
<td>Feeling Blue</td>
</tr>
<tr>
<td></td>
<td>Feeling depressed.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Feelings of self-doubt.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Feeling hopeless.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Being tired but unable to sleep.</td>
<td>Sleeping Problems</td>
</tr>
<tr>
<td></td>
<td>Nightmares.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sleeping less than usual at night.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Not sleeping well.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Inability to sleep.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Getting sick a lot.</td>
<td>*Physical Problems</td>
</tr>
<tr>
<td></td>
<td>Headaches.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Increased heartbeat.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>An upset stomach.</td>
<td></td>
</tr>
<tr>
<td><strong>STRESS</strong></td>
<td>Difficulty trying to fulfill responsibilities at home and at school.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Difficulty taking tests.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>A fear of failing to meet family expectations.</td>
<td>*Academic Stress</td>
</tr>
<tr>
<td></td>
<td>Difficulty understanding how to use the school library.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Difficulty handling your schoolwork load.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Difficulty writing papers for class.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Difficulty learning how to use computers.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Difficulty getting your homework done on time.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Difficulty because of feeling a need to perform well in school.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Difficulty trying to meet friends.</td>
<td>Social Stress</td>
</tr>
<tr>
<td></td>
<td>Difficulty talking with teachers about schoolwork.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Difficulty asking questions in class.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Difficulty living in the local community.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Difficulty handling relationships.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Difficulty with classmates treating you differently than they treat each other.</td>
<td></td>
</tr>
<tr>
<td>Resiliency Skills and Questions:</td>
<td>Student Survey Items:</td>
<td>Sub-Scales:</td>
</tr>
<tr>
<td>--------------------------------</td>
<td>-----------------------</td>
<td>-------------</td>
</tr>
<tr>
<td></td>
<td>Difficulty from teachers. Difficulty from classmates.</td>
<td>Financial Stress</td>
</tr>
<tr>
<td></td>
<td>Difficulty paying for school supplies. Money difficulties due to owing money to others. Difficulty paying for food. Difficulty paying for recreation and entertainment. Difficulty due to your family experiencing money problems.</td>
<td></td>
</tr>
<tr>
<td>MOTIVATION</td>
<td>Because I really like school. Because it’s fun. Because I have to; it’s required.** Because there are a lot of interesting things to do.</td>
<td>School is Enjoyable</td>
</tr>
<tr>
<td>The reason I keep coming to school is...</td>
<td>Because if I didn’t, I’d feel guilty. So I can make lots and lots of money. Because education is important for the goals I have. So important people in my life won’t be disappointed in me. Because I don’t want to let other down. Because skills like reading, math, and science are important to me. Because if I don’t. I’ll be punished. Because failing to get my diploma would bother and disappoint me. Because I see the importance of learning. Because, to me, education is important. I wouldn’t be here if I really had a choice about it.</td>
<td></td>
</tr>
</tbody>
</table>

*Indicate subcategory items that are used in calculation of Academic Risk Index.*