

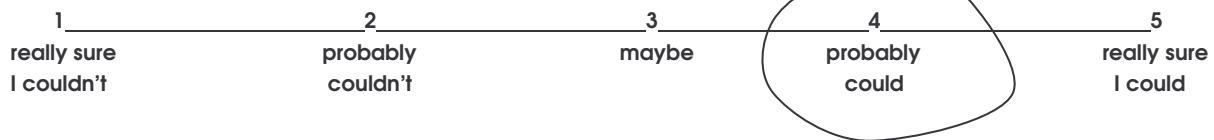
# SEQ-SS-25

On the next pages you'll see questions about going to school. Read each question carefully and circle the answer that is true for you. There is an example below, to show how it works.

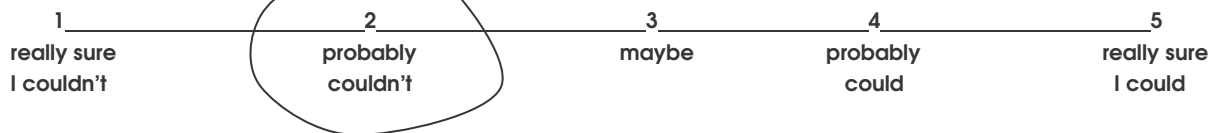
Example:

How sure are you that you could write a story for the school newspaper?

If you think that you probably could write a story for the school newspaper, put a circle around the number 4, like this ....



If you think that you probably couldn't write a story for the school newspaper, put a circle around the number 2, like this ....



**1. When going to school of a morning, how sure are you of being able to cope with separation from your mother or father?**

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
really sure                      probably                      maybe                      probably                      really sure  
I couldn't                      couldn't                                           could                      I could

**2. How sure are you that you could approach your teacher about something?**

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
really sure                      probably                      maybe                      probably                      really sure  
I couldn't                      couldn't                                           could                      I could

**3. How sure are you that you could do school work set by the teacher?**

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
really sure                      probably                      maybe                      probably                      really sure  
I couldn't                      couldn't                                           could                      I could

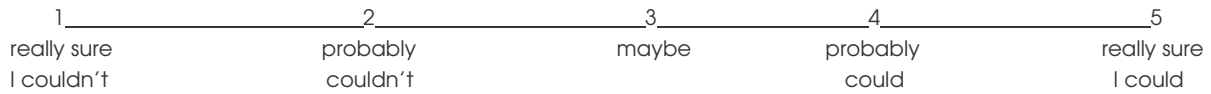
**4. How sure are you of being able to do tests?**

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
really sure                      probably                      maybe                      probably                      really sure  
I couldn't                      couldn't                                           could                      I could

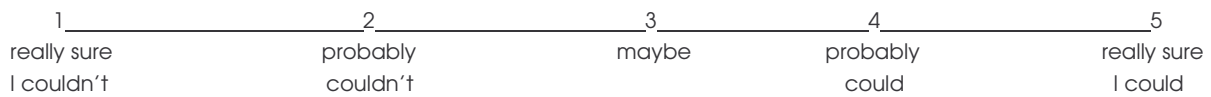
**5. How sure are you of being able to do things in front of the class or group?**

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
really sure                      probably                      maybe                      probably                      really sure  
I couldn't                      couldn't                                           could                      I could

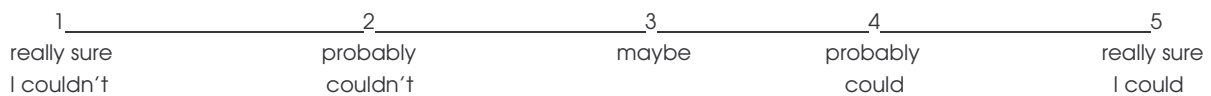
**6. How sure are you of being able to cope with being sent to the principal?**



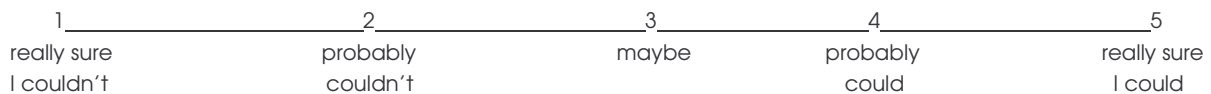
**7. How sure are you that you could handle questions from others about why you've been away from school?**



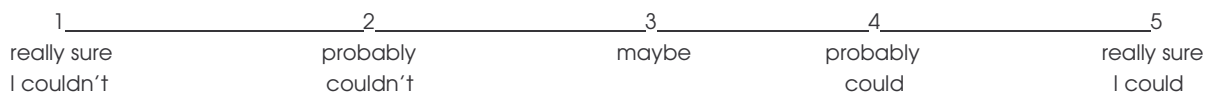
**8. How sure are you that you could stand up for yourself if you were teased or bullied by other kids at school?**



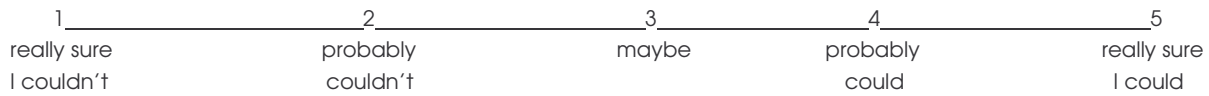
**9. How sure are you that you could handle being growled at or punished by the teacher when you've done something wrong?**



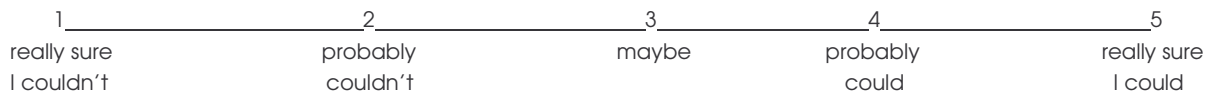
**10. How sure are you that you could cope with being away from your mother or father during school-time?**



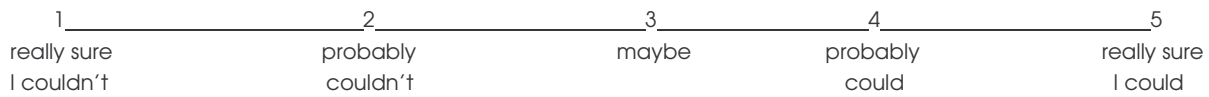
**11. How sure are you that you could stay at school for the entire day once you were there?**



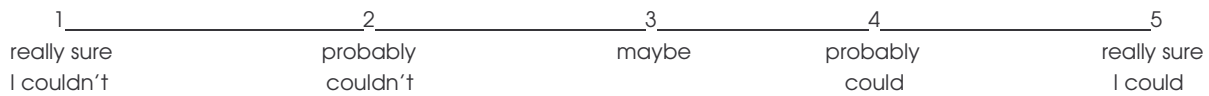
**12. How sure are you that you could spend a few nights away from home on a school camp or excursion?**



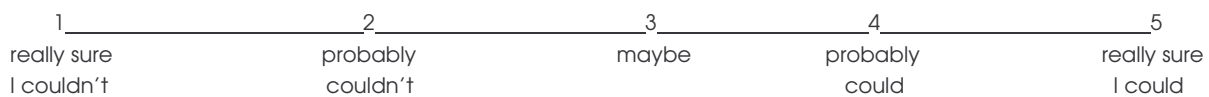
**13. How sure are you that you could stay calm if other kids at school annoyed you?**



**14. How sure are you that you could stay calm if things didn't go your way?**



**15. How sure are you that you could stay calm if the teacher said something you didn't agree with?**



**16. If something bad happened at school, how sure are you that you could talk to your mother or father about it?**

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
really sure                      probably                      maybe                      probably                      really sure  
I couldn't                      couldn't                                           could                      I could

**17. How sure are you that you could go to school if you were feeling anxious or scared?**

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
really sure                      probably                      maybe                      probably                      really sure  
I couldn't                      couldn't                                           could                      I could

**18. How sure are you that you could go to school if you had a headache or stomachache?**

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
really sure                      probably                      maybe                      probably                      really sure  
I couldn't                      couldn't                                           could                      I could

**19. If you didn't feel motivated to go to school in the morning, how sure are you that you could still get yourself to go to school?**

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
really sure                      probably                      maybe                      probably                      really sure  
I couldn't                      couldn't                                           could                      I could

**20. How sure are you that you could go to school if you were feeling sad or depressed?**

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
really sure                      probably                      maybe                      probably                      really sure  
I couldn't                      couldn't                                           could                      I could

**21. How sure are you that you could go to school if there were nicer things to do outside of school?**

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
really sure                      probably                      maybe                      probably                      really sure  
I couldn't                      couldn't                                           could                      I could

**22. How sure are you that you could go to school if you felt like you weren't close to the other kids at school?**

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
really sure                      probably                      maybe                      probably                      really sure  
I couldn't                      couldn't                                           could                      I could

**23. How sure are you that you could go to school if you weren't satisfied with how you look?**

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
really sure                      probably                      maybe                      probably                      really sure  
I couldn't                      couldn't                                           could                      I could

**24. How sure are you that you could go to school if things were not going well at home?**

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
really sure                      probably                      maybe                      probably                      really sure  
I couldn't                      couldn't                                           could                      I could

**25. How sure are you that you could go to school if you didn't feel like you belong at school?**

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
really sure                      probably                      maybe                      probably                      really sure  
I couldn't                      couldn't                                           could                      I could