

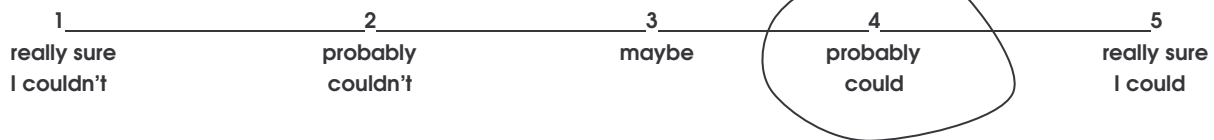
SEQ-SS-25

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.

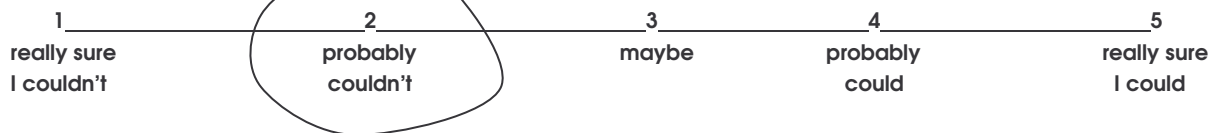
Example:

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?

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

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

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

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

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

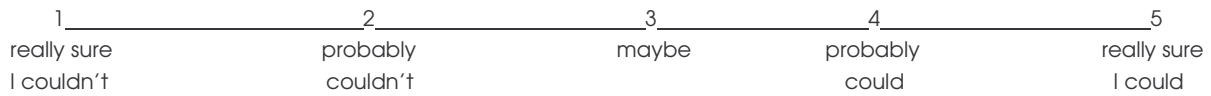
9. How sure are you that you could handle being growled at or punished by the teacher when you've done something wrong?

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

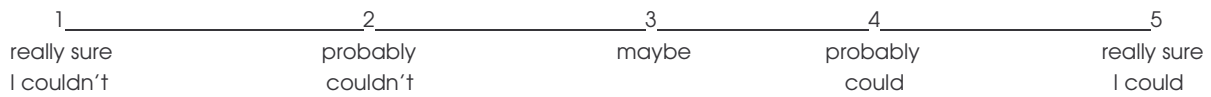
10. How sure are you that you could cope with being away from your mother or father during school-time?

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

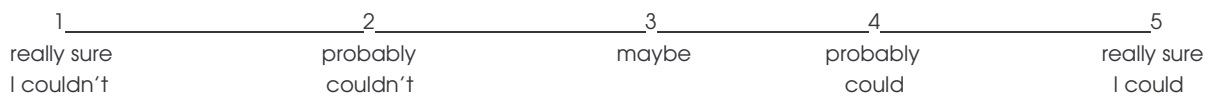
11. How sure are you that you could stay at school for the entire day once you were there?



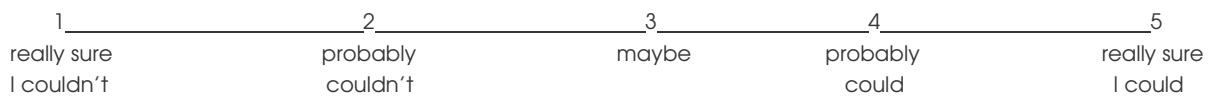
12. How sure are you that you could spend a few nights away from home on a school camp or excursion?



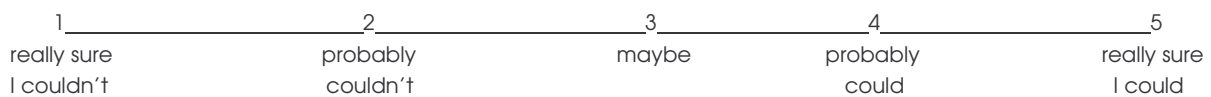
13. How sure are you that you could stay calm if other kids at school annoyed you?



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

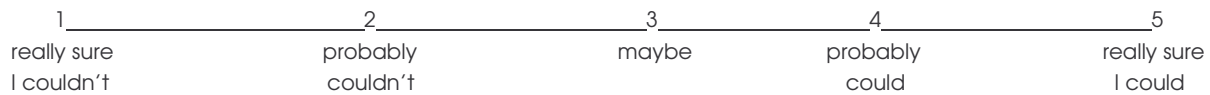
19. If you didn't feel motivated to go to school in the morning, how sure are you that you could still get yourself to go to school?

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

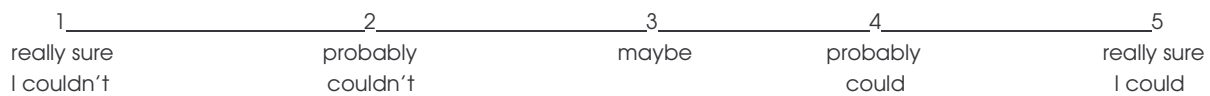
20. How sure are you that you could go to school if you were feeling sad or depressed?

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

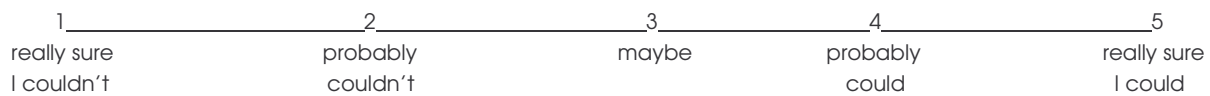
21. How sure are you that you could go to school if there were nicer things to do outside of school?



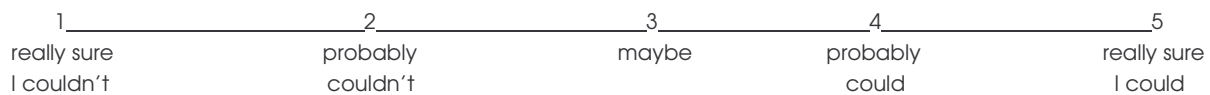
22. How sure are you that you could go to school if you felt like you weren't close to the other kids at school?



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



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



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

