

## Sample Domains, Items, and Scoring Options

**\*items for grades 3-5 only (all items appropriate for grades 6-12)**

### Resiliency Indicators

#### **\*Global Satisfaction**

<i>Strongly Disagree</i>	<i>Moderately Disagree</i>	<i>Mildly Disagree</i>	<i>Mildly Agree</i>	<i>Moderately Agree</i>	<i>Strongly Agree</i>
(1)	(2)	(3)	(4)	(5)	(6)

*I have a good life*  
*My life is just right*  
*My life is better than most kids*

#### **\*Positive School Experiences**

<i>Strongly Disagree</i>	<i>Moderately Disagree</i>	<i>Mildly Disagree</i>	<i>Mildly Agree</i>	<i>Moderately Agree</i>	<i>Strongly Agree</i>
(1)	(2)	(3)	(4)	(5)	(6)

*My teachers treat me with respect*  
*I enjoy my school experiences*  
*I am encouraged by my teachers to do my best*

#### **Grit**

Not like me at all	Not much like me	Somewhat like me	Mostly like me	Very much like me
(1)	(2)	(3)	(4)	(5)

*I have overcome setbacks to conquer an important challenge.*  
*New ideas and projects sometimes distract me from previous ones.*  
*I finish whatever I begin.*

#### **\*Hope Scale**

<i>None of the time</i>	<i>A little of the time</i>	<i>Some of the time</i>	<i>A lot of the time</i>	<i>Most of the time</i>	<i>All of the time</i>
(1)	(2)	(3)	(4)	(5)	(6)

*I can think of many ways to get things in life that are most important to me.*  
*When I have a problem, I can come up with lots of ways to solve it.*

#### **Social Resiliency Scale**

Not at all	A little	Somewhat	Quite a bit	A lot
(1)	(2)	(3)	(4)	(5)

*Getting an education is important to me*  
*If I am hungry, there is enough to eat*  
*I feel supported by my friends*  
*I know where to go in my community to get help*

**Leadership**

Strongly Disagree (1)	Moderately Disagree (2)	Mildly Disagree (3)	Mildly Agree (4)	Moderately Agree (5)	Strongly Agree (6)
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Peers come to me to discuss their problems  
 My actions are consistent with what I believe  
 When I see someone doing something nice, I will compliment them  
 I look for ways to connect people from different social groups

**Personal Standards**

Strongly Disagree (1)	Disagree (2)	Slightly Disagree (3)	Neutral (4)	Slightly Agree (5)	Agree (6)	Strongly Agree (7)
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I have high expectations for myself  
 I set very high standards for myself

**Adversity Indicators**

**\*Ostracism**

*In general, others....*

<i>Never</i> (1)	<i>Seldom</i> (2)	<i>Occasionally</i> (3)	<i>Often</i> (4)	<i>Always</i> (5)
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*\*...treat me as if I am invisible*  
*\*...ignore me*  
*... "hang out" with me at my home*  
*...make an effort to get my attention*

**Anxiety**

Not at all (0)	Several days (1)	Over half of the days (2)	Nearly everyday (3)
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Feeling nervous, anxious, or on edge  
 Not being able to stop or control worrying

**Depression**

Not at all (0)	Several days (1)	Over half of the days (2)	Nearly everyday (3)
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Feeling down, depressed, irritable, or hopeless?  
 Feeling bad about yourself - or feeling that you are a failure, or that you have let yourself or your family down?

**Self-Criticism**

Strongly Disagree (1)	Disagree (2)	Slightly Disagree (3)	Neutral (4)	Slightly Agree (5)	Agree (6)	Strongly Agree (7)
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Doing my best never seems to be enough

**School Violence (i.e., being inclined to use aggression to solve problems at school) Indicators**

How often do you...

Never (1)	Once in a While (2)	Fairly Often (3)	Most of the Time (4)
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Have temper outbursts you cannot control?

Have urges to break or smash things?

I do things without thinking.

I need to use a lot of self-control to keep out of trouble.

**Drug/Alcohol Screener**

*During the past 12 months, did you:*

Drink any alcohol (more than a few sips)?

Have you ever ridden in a car driven by someone (including yourself) who was “high” or had been using alcohol or drugs?

*[if yes, to any above go to the following questions]*

Do you ever use alcohol or drugs to relax, feel better about yourself, or fit in?

Do you ever use alcohol or drugs while you are by yourself, or alone?

**Trauma Screener**

Please look at the following:

- a serious accident
- physical assault
- sexual assault
- seeing someone be killed or seriously injured
- having a loved one die through homicide or suicide.
- being in a natural disaster (e.g., flooding, tornado)
- assault with a weapon

Have you ever experienced any of the above events?

[If yes, go to the following questions]

**In the past month, have you...**

Had nightmares about the event(s) or thought about the event(s) when you did not want to?