

## Learning

Self-Studying	Study Support	Learning Environment	Learning Material
<ol style="list-style-type: none"> <li>1. I like studying on my own</li> <li>2. I find it easy to study alone</li> <li>3. I know how to find sources of reliable information</li> </ol>	<ol style="list-style-type: none"> <li>1. I get support from my teachers</li> <li>2. I can get help with my schoolwork when needed</li> <li>3. I can get technology help when needed</li> </ol>	<ol style="list-style-type: none"> <li>1. I have a peaceful place to study</li> <li>2. My daily schedule easily accommodates all my schoolwork</li> <li>3. It is easy to focus on my schoolwork</li> </ol>	<ol style="list-style-type: none"> <li>1. I have access to all necessary learning materials</li> <li>2. My assignments are interesting</li> <li>3. I have the necessary school supplies</li> <li>4. I have access to the technology needed to complete my schoolwork</li> </ol>

## Social and Emotional Skills

Task Performance	Emotional Skills	Collaboration Skills	Open-Mindedness	Social Skills
<ol style="list-style-type: none"> <li>1. I can finish my assignments</li> <li>2. I am hardworking</li> <li>3. I don't give up easily when something is challenging</li> </ol>	<ol style="list-style-type: none"> <li>1. I manage my stress well</li> <li>2. I have a positive outlook on life</li> <li>3. It's easy to stay in control of my emotions</li> </ol>	<ol style="list-style-type: none"> <li>1. I am kind towards others</li> <li>2. I trust people</li> <li>3. I listen to other people's ideas and opinions</li> </ol>	<ol style="list-style-type: none"> <li>1. I am eager to learn new things</li> <li>2. I am curious about the world</li> <li>3. Equality is important to me</li> <li>4. I am good at solving problems</li> </ol>	<ol style="list-style-type: none"> <li>1. I work well with others</li> <li>2. I like to help others</li> </ol>

## Social Relationships

Communication with Teachers	Communication with Peers	Communication at Home	Student Services
<ol style="list-style-type: none"> <li>1. It's easy to keep in touch with my teachers</li> <li>2. I receive helpful feedback from my teachers</li> <li>3. My teachers provide clear instructions</li> <li>4. My school shares helpful information with me</li> </ol>	<ol style="list-style-type: none"> <li>1. It's easy to keep in touch with my classmates</li> <li>2. I study with classmates often</li> <li>3. It's easy to work with my classmates</li> <li>4. I can get help from my classmates</li> </ol>	<ol style="list-style-type: none"> <li>1. I get support from family members when I am studying at home</li> <li>2. I get feedback when studying at home</li> </ol>	<ol style="list-style-type: none"> <li>1. I know where and how to get help when I am sick</li> <li>2. I can get help if I'm overwhelmed</li> <li>3. I feel supported by my school counseling services</li> </ol>

## Wellness

Physical Health	Emotions	Diet	Psychological Wellbeing	Academic Wellbeing
<ol style="list-style-type: none"> <li>1. I exercise every day</li> <li>2. I do not experience frequent headaches</li> <li>3. I am not often ill</li> <li>4. I slept well last night</li> <li>5. I have good daily routines</li> <li>6. I am not concerned about my health</li> </ol>	<ol style="list-style-type: none"> <li>1. My stress level is low</li> <li>2. Usually, I don't feel anxious</li> <li>3. I feel enthusiastic</li> <li>4. I feel happy</li> <li>5. I feel calm</li> </ol>	<ol style="list-style-type: none"> <li>1. My diet is healthy</li> <li>2. I eat breakfast every day</li> <li>3. I eat lunch every day</li> <li>4. I eat at least one warm meal every day</li> <li>5. My snacks are healthy</li> </ol>	<ol style="list-style-type: none"> <li>1. I have friends</li> <li>2. I like being at school</li> <li>3. I feel calm at school</li> </ol>	<ol style="list-style-type: none"> <li>1. I do not feel overwhelmed by schoolwork</li> <li>2. What I learn is useful</li> <li>3. Time flies when I am studying</li> </ol>

