

Your Age (years):	10 11 12 13 14 15 16 17 18
Your Sex:	Male Female
Grade (Year or Level) in School:	5 6 7 8 9 10 11 12
Name of Your School:	

These pages ask about some of the feelings, ideas, and behaviors you may have at school. Respond by circling the number that best shows your answer. Remember, there are no right or wrong answers.

<b>If these things happened to you AT SCHOOL, how mad (angry) would you be?</b>				
3. You tell the teacher that you are not feeling well but she or he does not believe you.	I would not be mad at all	I would be a little angry	I would be pretty angry	I would be furious
6. You go to your desk in the morning and find out someone has stolen some of your school supplies.	I would not be mad at all	I would be a little angry	I would be pretty angry	I would be furious
8. You get sent to the principal's office when other students are acting worse than you are.	I would not be mad at all	I would be a little angry	I would be pretty angry	I would be furious
11. You are trying to do your work in school and someone bumps your desk on purpose and you mess up (make a mistake).	I would not be mad at all	I would be a little angry	I would be pretty angry	I would be furious

<b>How much do you disagree or agree with these ideas?</b>				
14. School is worthless (junk, waste of my time).	Strongly Disagree	Disagree	Agree	Strongly Agree
15. School is really boring.	Strongly Disagree	Disagree	Agree	Strongly Agree
16. Grades at school are unfair.	Strongly Disagree	Disagree	Agree	Strongly Agree
18. Rules at school are stupid.	Strongly Disagree	Disagree	Agree	Strongly Agree

<b>How do you try to calm down when you get mad (angry) at school?</b>				
25. I punch something when I'm angry.	Never	Occasionally (Sometimes)	Often	Always
33. When I'm upset, I calm myself down by reading, writing, painting, or some similar activity.	Never	Occasionally (Sometimes)	Often	Always
34. If something makes me mad, I try to find something funny about it.	Never	Occasionally (Sometimes)	Often	Always
36. When I'm angry, I cover it up by smiling or pretending I'm not mad.	Never	Occasionally (Sometimes)	Often	Always

When you get mad (angry) at school, what has helped you the best to calm down?

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What could teachers and others at school to help you when you get really frustrated or angry?

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