









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.

If these things happened to you AT SCHOOL, how mad (angry) would you be?				
1. You didn't notice that someone put gum on your seat and you sat on it.	I would not be mad at all	I would be a little angry	I would be pretty angry	I would be furious
2. At school, two bigger students take something of yours and play "keep away" from you (stop you from getting it back by throwing it to each other).	I would not be mad at all	I would be a little angry	I would be pretty angry	I would be furious
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
4. Someone in your class acts up (behaves badly), so your whole class has to stay after school.	I would not be mad at all	I would be a little angry	I would be pretty angry	I would be furious
5. You ask to go to the bathroom (toilet) and the teacher says "no."	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
7. Someone in your class tells the teacher on you for doing something.	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

If these things happened to you AT SCHOOL , how mad (angry) would you be?				
9. The “teacher’s pet” (favorite student) gets to do all of the errands or special jobs in class.	I would not be mad at all	I would be a little angry	I would be pretty angry	I would be furious
10. Somebody cuts in front of you in the lunch line (in the canteen line at lunch).	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
12. You study hard for a test and still get a low grade.	I would not be mad at all	I would be a little angry	I would be pretty angry	I would be furious
13. Somebody calls you a bad name.	I would not be mad at all	I would be a little angry	I would be pretty angry	I would be furious

How much do you disagree or agree with these ideas?				
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
17. There is nothing worth learning at school.	Strongly Disagree	Disagree	Agree	Strongly Agree
18. Rules at school are stupid.	Strongly Disagree	Disagree	Agree	Strongly Agree
19. Adults at school do not care about students.	Strongly Disagree	Disagree	Agree	Strongly Agree

When you get mad (angry) at school, what do you do?				
20. When I'm angry, I'll take it out on whoever is around.	Never	Occasionally (Sometimes)	Often	Always
21. When I'm mad (angry), I hate the world.	Never	Occasionally (Sometimes)	Often	Always
22. When I'm mad (angry) I break things.	Never	Occasionally (Sometimes)	Often	Always
23. I get so mad (angry) that I want to hurt myself.	Never	Occasionally (Sometimes)	Often	Always
24. If I get mad (angry), I'll throw a tantrum. (scream or go on the rampage).	Never	Occasionally (Sometimes)	Often	Always
25. I punch something when I'm angry.	Never	Occasionally (Sometimes)	Often	Always
26. When I get a bad grade, I figure out ways to get back at the teacher.	Never	Occasionally (Sometimes)	Often	Always
27. When I'm mad at a teacher, I make jokes in class to get my friends laughing.	Never	Occasionally (Sometimes)	Often	Always
28. When I get a bad grade on a test, I rip the test paper into little pieces.	Never	Occasionally (Sometimes)	Often	Always

How do you try to calm down when you get mad (angry) at school?				
29. I talk it over with another person when I'm upset	Never	Occasionally (Sometimes)	Often	Always
30. When I get mad at school, I share my feelings.	Never	Occasionally (Sometimes)	Often	Always
31. When I get angry, I think about something else	Never	Occasionally (Sometimes)	Often	Always
32. Before I explode, I try to understand why this happened to me.	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
35. When I'm mad, I let my feelings out by some type of physical activity like running or playing.	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?

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