

# SEARS-A

## SOCIAL-EMOTIONAL ASSETS AND RESILIENCE SCALE Adolescent Form (for Grades 7-12) Item Tryout Version 1.0

### PART 1: ABOUT ME

The Name of My School \_\_\_\_\_

My Grade in School \_\_\_\_\_ My Age \_\_\_\_\_ My Sex:  Female  Male

My Race or Ethnic Group:  White  African American  Hispanic or Latino  Asian  
 Native American  Other \_\_\_\_\_

### PART 2: DIRECTIONS

Here is a list of sentences that describe ways that people sometimes feel, think, or act. Read each sentence, and circle the letter that best describes you. Circle **N** if the sentence is **NEVER** true for you. Circle **S** if the sentence is **SOMETIMES** true for you. Circle **O** if the sentence is **OFTEN** true for you. Circle **A** if the sentence is **ALWAYS** (or **ALMOST ALWAYS**) true for you. There are no right or wrong answers. Please read every sentence, and do your best to rate yourself on each item.

Remember: NEVER      SOMETIMES      OFTEN      ALWAYS

1. I stay calm when there is a problem or an argument.....	N	S	O	A
2. I am good at understanding the point of view of other people.....	N	S	O	A
3. I try to help other people when they need help.....	N	S	O	A
4. People like to be with me.....	N	S	O	A
5. I am comfortable talking to lots of different people.....	N	S	O	A
6. I make friends easily.....	N	S	O	A
7. I can disagree with other people without fighting or arguing.....	N	S	O	A
8. I try to understand how my friends feel when they are upset.....	N	S	O	A
9. I am a good listener when other people have something to say.....	N	S	O	A
10. Other kids ask me to hang out with them.....	N	S	O	A
11. People think I am fun to be with.....	N	S	O	A
12. Even when things don't go well for me, I'm okay.....	N	S	O	A
13. Other people like me.....	N	S	O	A
14. My friends come to me for help.....	N	S	O	A
15. I like doing things for others.....	N	S	O	A
16. I am good at solving problems.....	N	S	O	A
17. I am good at starting a conversation.....	N	S	O	A
18. I understand how other people feel.....	N	S	O	A
19. I am good at making decisions.....	N	S	O	A

20.	I feel okay with the way I am.....	N	S	O	A
21.	I am good at settling disagreements of other people.....	N	S	O	A
22.	It's easy for me to tell people how I feel.....	N	S	O	A
23.	I ask for help when I need it.....	N	S	O	A
24.	I could teach someone else how to calm down when they are angry..	N	S	O	A
25.	I give compliments to other people.....	N	S	O	A
26.	I understand how people could feel different about the same thing.....	N	S	O	A
27.	I know the difference between anger and aggression.....	N	S	O	A
28.	I stay in control when I get angry.....	N	S	O	A
29.	I care what happens to other people.....	N	S	O	A
30.	I think before I act.....	N	S	O	A
31.	I am comfortable when I am in a large group of people.....	N	S	O	A
32.	Other people see me as a leader.....	N	S	O	A
33.	I like who I am.....	N	S	O	A
34.	Other kids respect me.....	N	S	O	A
35.	I am someone you can rely on.....	N	S	O	A
36.	I make good decisions.....	N	S	O	A
37.	I think about my problems in ways that help.....	N	S	O	A
38.	I am a responsible person.....	N	S	O	A
39.	I can handle most things on my own.....	N	S	O	A
40.	I ignore other kids when they tease or call me names.....	N	S	O	A
41.	I stand up for myself when I need to.....	N	S	O	A
42.	I can name lots of different emotions.....	N	S	O	A
43.	I know how to calm down when I am stressed out or upset.....	N	S	O	A
44.	I know how to identify and change my negative thoughts.....	N	S	O	A
45.	I am good at identifying and understanding feelings.....	N	S	O	A
46.	When life is hard, I don't let things get to me.....	N	S	O	A
47.	I know how to set goals for what I want in life.....	N	S	O	A
48.	I am able to handle problems that really bother other kids.....	N	S	O	A
49.	I ask teachers for help when I don't understand an assignment.....	N	S	O	A
50.	My parents trust me.....	N	S	O	A
51.	I work well with other students on school projects.....	N	S	O	A
52.	I know how to figure out if my negative thoughts are realistic.....	N	S	O	A
53.	I feel accepted and comfortable at school.....	N	S	O	A

Remember: NEVER      SOMETIMES      OTTEN      ALWAYS