

**SOCIAL EMOTIONAL HEALTH SURVEY–SECONDARY (SEHS-S) ITEMS AND SCORING****Self-Efficacy (3-12)**

1. I can work out my problems. (1-4)	1
2. I can do most things if I try. (1-4)	1
3. There are many things that I do well. (1-4)	2
	1.33

Self-Awareness (3-12)

4. There is a purpose to my life. (1-4)	2
5. I understand my moods and feelings. (1-4)	3
6. I understand why I do what I do. (1-4)	2
	2.33

Persistence (3-12)

7. When I do not understand something, I ask the teacher again and again until I understand. (1-4)	1
8. I try to answer all the questions asked in class. (1-4)	2
9. When I try to solve a math problem, I will not stop until I find a final solution. (1-4)	2
	1.67

BELIEF IN SELF (RANGE 9-36)**1.78****School Support (3-12)**

10. At my school, there is a teacher or some other adult who always wants me to do my best. (1-4)	3
11. At my school, there is a teacher or some other adult who listens to me when I have something to say. (1-4)	4
12. At my school, there is a teacher or some other adult who believes that I will be a success.	2
	3

Family Support (3-12)

13. My family members really help and support one another. (1-4)	4
14. There is a feeling of togetherness in my family. (1-4)	3
15. My family really gets along well with each other. (1-4)	3
	3.33

Peer Support (3-12)

16. I have a friend my age who really cares about me. (1-4)	4
17. I have a friend my age who talks with me about my problems. (1-4)	1
18. I have a friend my age who helps me when I'm having a hard time. (1-4)	2
	2.33

BELIEF IN OTHERS (RANGE 9-36)**2.89****Emotional Regulation (3-12)**



19. I accept responsibility for my actions. (1-4)	4
20. When I make a mistake I admit it. (1-4)	4
21. I can deal with being told no. (1-4)	2
	3.33

Empathy (3-12)

22. I feel bad when someone gets his or her feelings hurt. (1-4)	4
23. I try to understand what other people go through. (1-4)	4
24. I try to understand how other people feel and think. (1-4)	4
	4

Self-Control (3-12)

25. I can wait for what I want. (1-4)	2
26. I don't bother others when they are busy. (1-4)	4
27. I think before I act. (1-4)	4
	3.33

EMOTIONAL COMPETENCE (9-36)**3.55****Optimism (3-12)**

28. Each day I look forward to having a lot of fun. (1-4)	1
29. I usually expect to have a good day. (1-4)	1
30. Overall, I expect more good things to happen to me than bad things. (1-4)	1
	1

Gratitude (3-15)

31. Since yesterday how much have you felt <u>GRATEFUL</u> . (1-5)	2
32. Since yesterday how much have you felt <u>THANKFUL</u> . (1-5)	1
33. Since yesterday how much have you felt <u>APPRECIATIVE</u> . (1-5)	3
	2

Zest (3-15)

34. How much do you feel <u>ENERGETIC</u> right now? (1-5)	2
35. How much do you feel <u>ACTIVE</u> right now? (1-5)	1
36. How much do you feel <u>LIVELY</u> right now? (1-5)	1
	1.33

ENGAGED LIVING (RANGE = 9-42)**1.44**



Domain Summary Scores	
Belief in Self	1.78
Belief in Others	2.89
Emotional Competence	3.55
Engaged Living	1.44
Total Covitality (Total sum/36)	2.42

Social Emotional Health Survey Secondary Score Summary Graph

Student: XXXX

Date: 3/19/18

Item Mean Response	S-E	S-A	Per	BIS	PS	SS	FS	BIO	E	ER	S-C	EC	O	G	Z	EL	CoVi	
5.0																		5.0
4.9																		4.9
4.8																		4.8
4.7																		4.7
4.6																		4.6
4.5																		4.5
4.4																		4.4
4.3																		4.3
4.2																		4.2
4.1																		4.1
4.0																		4.0
3.9																		3.9
3.8																		3.8
3.7																		3.7
3.6																		3.6
3.5																		3.5
3.4																		3.4
3.3																		3.3
3.2																		3.2
3.1																		3.1
3.0																		3.0
2.9																		2.9
2.8																		2.8
2.7																		2.7
2.6																		2.6
2.5																		2.5
2.4																		2.4
2.3																		2.3
2.2																		2.2
2.1																		2.1
2.0																		2.0
1.9																		1.9
1.8																		1.8
1.7																		1.7
1.6																		1.6
1.5																		1.5
1.4																		1.4
1.3																		1.3
1.2																		1.2
1.1																		1.1
1.0																		1.0

Responses: 1 = Not at all true, 2 = A little true, 3 = Pretty much true, 4 = Very much true.
 Responses for Gratitude and Optimism, the response options were: 1 = Not at all, 2 = Very little, 3 = Somewhat, 4 = Quite a lot, 5 = Extremely
 Count of SFHSS Domain Strengths: A + B + C + D ≥ 3.0 = 1

Social Emotional Health Survey Secondary Score Summary Graph

Student: XXXX

Date: 3/19/18

	1	2	3	4	5	6	7	8	9	10	
5.0 Very true of me		X				X		X			5.0 Very much true of me
4.0 True of me	X										4.0 True of me
3.0 Pretty much true of me				X						X	3.0 Pretty much true of me
2.0 A little true of me											2.0 A little true of me
1.0 Not true of me											1.0 Not true of me
Item Response	1. Hard time breathing	2. Embarrass self in class	3. Tense, uptight	4. Hard time relaxing	5. Sad and Down	6. Easily irritated	7. Hard to get excited	8. Annoyed and sensitive	9. Scared, no good reason	10. Hard cope, panic	

In the past month...

<ol style="list-style-type: none"> 1. I had a hard time breathing because I was anxious. 2. I worried that I would embarrass myself in front of others. 3. I was tense and uptight. 4. I had a hard time relaxing. 5. I felt sad and down. 	<ol style="list-style-type: none"> 6. I was easily irritated. 7. It was hard for me to get excited about anything. 8. I was easily annoyed and sensitive. 9. I was scared for no good reason. 10. It was hard for me to cope and I thought I would panic. 	<p>Count number of 4 and 5 responses</p> <p>0-1 =</p> <p>2-3 =</p> <p>4-10 = 8</p>
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