

Students should complete sections I–VIII and proceed to the Interpretive Chart on the last page.

SECTION I

Score yourself for each of the following statements using the scale below:

Always: 4 Most of the time: 3 Sometimes: 2 Seldom: 1 Never: 0

I am comfortable being myself at school.

I have friends at school.

I interact with all different types of students.

I don't rush to judge other students' actions.

I accept students who are different from me.

I share my ideas and opinions in class.

I make sure my teachers know me as an individual.

I do not bully other students at school.

Total Score

SECTION II

Score yourself for each of the following statements using the scale below:

Always: 4 Most of the time: 3 Sometimes: 2 Seldom: 1 Never: 0

I positively interact with students in different grades.

I know I can be a positive role model for others.

I avoid gossip and negative talk about others.

I know many students would call me their friend.

I show respect to adults at school.

I am willing to do group work with lots of different students.

I am comfortable sitting with different students during lunch.

I have a positive influence on my friends.

Total Score

SECTION III

Score yourself for each of the following statements using the scale below:

Always: 4 Most of the time: 3 Sometimes: 2 Seldom: 1 Never: 0

I put forth effort even if an assignment is not graded.

I am willing to redo assignments to improve my work.

I put forth effort to be a good citizen.

I try my best during group work and assignments.

I am proud of my accomplishments.

I seek help when I struggle academically.

I participate in class discussions.

I try my best on assignments and tests.

Total Score

SECTION IV

Score yourself for each of the following statements using the scale below:

Always: 4 Most of the time: 3 Sometimes: 2 Seldom: 1 Never: 0

- I enjoy learning information that interests me. _____
- I laugh and have fun at school. _____
- I want to learn something interesting everyday. _____
- I enjoy being with friends at school. _____
- I am open to learning new ideas and thoughts. _____
- I get excited to start a new school year. _____
- I approach the school day with an optimistic attitude. _____
- I want to learn more about subjects that interest me. _____

Total Score

SECTION V

Score yourself for each of the following statements using the scale below:

Always: 4 Most of the time: 3 Sometimes: 2 Seldom: 1 Never: 0

- I ask questions during class. _____
- I am not afraid to be creative with my ideas or answers. _____
- I share my ideas and thoughts during class. _____
- I think art, music, and physical education are important. _____
- I spend time thinking about what I am learning. _____
- I am willing to listen to different perspectives. _____
- I try to find solutions to my own problems. _____
- I am curious about the world around me. _____

Total Score

SECTION VI

Score yourself for each of the following statements using the scale below:

Always: 4 Most of the time: 3 Sometimes: 2 Seldom: 1 Never: 0

- I have someone to talk to when I feel overwhelmed at school. _____
- I try to be successful in all my classes. _____
- I set goals for myself. _____
- I like being challenged at school. _____
- I am not afraid to make mistakes. _____
- I want to be successful. _____
- I push myself to do better in school. _____
- I ask for help when I need it. _____

Total Score

The 8 Conditions

Self-Scoring Inventory
for Middle School Students

SECTION VII

Score yourself for each of the following statements using the scale below:

Always: 4 Most of the time: 3 Sometimes: 2 Seldom: 1 Never: 0

I am a leader at my school. _____

I am involved in school activities and clubs. _____

I give my opinion on classroom and school issues. _____

I understand the consequences of decisions I make. _____

I take responsibility for my decisions and actions. _____

I know how and why I make decisions. _____

I listen to other students' ideas and opinions. _____

I work hard to improve my leadership skills. _____

Total Score

SECTION VIII

Score yourself for each of the following statements using the scale below:

Always: 4 Most of the time: 3 Sometimes: 2 Seldom: 1 Never: 0

I have high expectations for myself. _____

I know I will be successful. _____

I believe I can make a difference in my community. _____

I think before I act. _____

I understand the importance of education. _____

I think about my future. _____

I make decisions to reach future goals. _____

I take action in causes I believe in. _____

Total Score

••• INTERPRETIVE CHART •••

Transfer the Total Score from each section to the grid below.

SECTION	SCORE	8 CONDITIONS
I	<input type="text"/>	Belonging
II	<input type="text"/>	Heroes
III	<input type="text"/>	Sense of Accomplishment
IV	<input type="text"/>	Fun & Excitement
V	<input type="text"/>	Curiosity & Creativity
VI	<input type="text"/>	Spirit of Adventure
VII	<input type="text"/>	Leadership & Responsibility
VIII	<input type="text"/>	Confidence to Take Action