

Growth Mindset Scale

In this section, please think about your learning in general.

Please indicate how true each of the following statements is for you:

- My intelligence is something that I can't change very much.
- Challenging myself won't make me any smarter.
- There are some things I am not capable of learning.
- If I am not naturally smart in a subject, I will never do well in it.

(Not At All True, A Little True, Somewhat True, Mostly True, Completely True)

Citation: Farrington et al. (2013) Becoming Effective Learners Survey Development Project, Chicago Consortium for School Research

Self-Management Scale

We'd like to learn more about your behavior, experiences, and attitudes related to school.

**Please answer how often you did the following during the past 30 days.
During the past 30 days...**

- I came to class prepared.
- I remembered and followed directions.
- I got my work done right away instead of waiting until the last minute.
- I paid attention, even when there were distractions.
- I worked independently with focus.
- I stayed calm even when others bothered or criticized me.
- I allowed others to speak without interruption.
- I was polite to adults and peers.
- I kept my temper in check.

(Almost Never, Once in a While, Sometimes, Often, Almost All the Time)

Citation: Adapted from Patrick & Duckworth (2013, May) Empirical support for a tripartite taxonomy of character in adolescents. Poster presented at the 25th annual convention of the Association for Psychological Science

Self-Efficacy Scale

How confident are you about the following at school?

- I can earn an A in my classes.
- I can do well on all my tests, even when they're difficult.
- I can master the hardest topics in my classes.
- I can meet all the learning goals my teachers set.

(Not At All Confident, A Little Confident, Somewhat Confident, Mostly Confident, Completely Confident)

Citation: Adapted from Farrington et al. (2014) Becoming Effective Learners Survey Development Project, Chicago Consortium for School Research

Social Awareness Scale

In this section, please help us better understand your thoughts and actions when you are with other people.

**Please answer how often you did the following during the past 30 days.
During the past 30 days...**

- How carefully did you listen to other people's points of view?
(Not Carefully At All, Slightly Carefully, Somewhat Carefully, Quite Carefully, Extremely Carefully)
- How much did you care about other people's feelings?
(Did Not Care At All, Cared A Little Bit, Cared Somewhat, Cared Quite A Bit, Cared A Tremendous Amount)
- How often did you compliment others' accomplishments?
(Almost Never, Once in a while, Sometimes, Often, Almost all the time)
- How well did you get along with students who are different from you?
(Did Not Get Along At All, Got Along A Little Bit, Got Along Somewhat, Got Along Pretty Well, Got Along Extremely Well)
- How clearly were you able to describe your feelings?
(Not At All Clearly, Slightly Clearly, Somewhat Clearly, Quite Clearly, Extremely Clearly)
- When others disagreed with you, how respectful were you of their views?
(Not At All Respectful, Slightly Respectful, Somewhat Respectful, Quite Respectful, Extremely Respectful)
- To what extent were you able to stand up for yourself without putting others down?
(Not At All, A Little Bit, Somewhat, Quite A Bit, A Tremendous Amount)
- To what extent were you able to disagree with others without starting an argument?
(Not At All, A Little Bit, Somewhat, Quite A Bit, A Tremendous Amount)

Citation: Adapted from AIR and CASEL (2013) Student self-report of social and emotional competencies.