

In private, give yourself 1 to 5 points for each of the following behaviors. Add up the total to describe your vulnerability to stress at school.

One point, up to 5, for each day of the school week that you:

- \_\_\_ 1. Eat a good breakfast.
- \_\_\_ 2. Exercise to breathe hard
- \_\_\_ 3. Talk to a teacher about something important to you
- \_\_\_ 4. Plan your school day ahead of time
- \_\_\_ 5. Do something, or be with someone, that makes you laugh
- \_\_\_ 6. Have good time with your family
- \_\_\_ 7. Get your assignments done
- \_\_\_ 8. Read for pleasure, or problem solving
- \_\_\_ 9. Do one of these: draw, sing, build something, write, play music
- \_\_\_ 10. Talk with a family member or relative about something important
- \_\_\_ 11. Eat lunch in a comfortable place, with comfortable people
- \_\_\_ 12. Get a good night's sleep
- \_\_\_ 13. Do one or more of these: play, pretend, collect things, have fun
- \_\_\_ 14. Have a time of peace and quiet

Always 5, Usually 4, Often 3, Rarely 2, Never 1

- \_\_\_ 15. On Sunday or Monday you plan your school week.
- \_\_\_ 16. Write in a journal about your problems
- \_\_\_ 17. Talk to five or more friends at school
- \_\_\_ 18. Talk to new people you have not talked with before
- \_\_\_ 19. Hold back on gossip, criticizing people behind their backs
- \_\_\_ 20. Talk to people about your problems
- \_\_\_ 21. Drink water, juice or milk instead of soda or coffee
- \_\_\_ 22. Tell the teacher when you have a problem in class
- \_\_\_ 23. Work on problems, not just let them get worse
- \_\_\_ 24. Have a good weekend
- \_\_\_ 25. Not overdo TV watching, video games, repetitive music
- \_\_\_ 26. Have a crush on someone
- \_\_\_ 27. Not overeat, or not eat enough

\_\_\_\_\_TOTAL

- 114-135: your pants are on fire
- 100-113: you handle stress very well
- 86-99: you are doing some things to handle stress
- 75-85: you may be moderately stressed; you could handle it better
- 52 or less: you are vulnerable to stress; you can act to handle it better

Mid-Term Reflection      Name \_\_\_\_\_ Per. \_\_\_\_\_

After completing the questionnaire on the other side to find out how vulnerable to stress you rate answer the following questions:

Do you agree with the rating? Is there one thing on the list that you could do more of or more often to reduce your stress?

Have you used your agenda or some other tool to track classwork and due dates?

Do you come to class with all your required materials and assignments? If yes, how do you remember to do that? If no, what keeps you from doing so?

Where can you find pens, pencils and paper if you come to class without any?

Where can you find out about upcoming due dates, missed class assignments and download copies of our class work?

What is your current grade and are you missing any work in this class? If you are missing work what is your plan for getting the work completed and turned in?

What is one thing about this class that has been easy or enjoyable?

What is one thing about this class that has been a challenge or difficult?