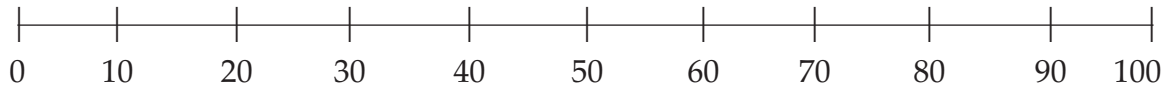


Name \_\_\_\_\_ Date \_\_\_\_\_

1. Using the effort thermometer below, place an X on the spot that best indicates your overall effort for today.



2. Did you have trouble today trying your hardest?  Yes  No

If you answered yes, complete questions a–g. If you answered no, go on to question 3.

a. What type of schoolwork were you doing when you had trouble trying your hardest?

Class work

Getting extra help

Taking a test

Homework

Other \_\_\_\_\_

b. What was going on at that time:

Somebody teased me.

I couldn't do the work.

I got embarrassed.

The teacher criticized me.

I felt everyone was watching how I did.

I did something wrong.

I got confused.

Other \_\_\_\_\_

c. What did you feel?	Not at all	A little bit	A lot
Sad	0	1	2
Scared	0	1	2
Mad	0	1	2
Happy	0	1	2
Frustrated	0	1	2

d. What did you think?

- |                                               |                                             |
|-----------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> I was stupid.        | <input type="checkbox"/> I can do this.     |
| <input type="checkbox"/> The work was stupid. | <input type="checkbox"/> I am going to try. |
| <input type="checkbox"/> I hate school.       |                                             |
| <input type="checkbox"/> Other _____          |                                             |

e. What did you do?

- |                                         |                                     |
|-----------------------------------------|-------------------------------------|
| <input type="checkbox"/> Tried          | <input type="checkbox"/> Walked out |
| <input type="checkbox"/> Acted silly    | <input type="checkbox"/> Got sad    |
| <input type="checkbox"/> Asked for help | <input type="checkbox"/> Got mad    |
| <input type="checkbox"/> Gave up        |                                     |
| <input type="checkbox"/> Other _____    |                                     |

f. How do you think you handled this situation?

1	2	3	4	5
Poorly	Not so well	OK	Well	Great

g. What could you do differently next time?

- Try harder
- Ask for help
- Ask permission to leave and come back when feeling better
- Other \_\_\_\_\_

3. Did you try to do schoolwork today even if you were scared that you would not do OK?

- Yes       No       Didn't come up

4. Did you judge how you did today according to how much progress you made?

- Yes       No       Didn't come up

5. Did you ask for help today if you were stuck?

- Yes       No       Didn't come up

**Homework**

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