



WhyTry Measure-R

Below is a list of items that describe people. Please circle the number for each item that best describes you. If you **“strongly disagree”** with the item, circle **“1,”** if you **“disagree”** with the item circle **“2,”** if you are **“undecided”** circle **“3,”** if you **“agree”** with the item circle **“4,”** and if you **“strongly agree”** with the item, circle **“5.”** There are no right or wrong answers. Read the items carefully and if you have any questions you may ask for help from your teacher.

	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1. I have a dream or goal for my life.	1	2	3	4	5
2. The choices I make today will affect my future.	1	2	3	4	5
3. When I face challenges, I am more likely to give up than try harder.	1	2	3	4	5
4. I let other people help me when I have a problem.	1	2	3	4	5
5. I believe that laws and rules make my life more difficult.	1	2	3	4	5
6. Challenges are opportunities for motivation and growth.	1	2	3	4	5
7. I see my future as positive and full of potential.	1	2	3	4	5
8. I am willing to work for something that I really want.	1	2	3	4	5
9. There are a lot of adults who care about me.	1	2	3	4	5
10. If someone treats me bad, I am more likely to ignore him/her and walk away rather than lash back.	1	2	3	4	5
11. I can think of lots of people who can help me to solve a problem.	1	2	3	4	5
12. I focus on what is right about me rather than what is wrong with me.	1	2	3	4	5
13. There is at least one adult at my school that I can trust.	1	2	3	4	5
14. I have the power to avoid getting into trouble in my life.	1	2	3	4	5



	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
15. I often do things that I really don't want to do because it will make me look cool in front of my friends.	1	2	3	4	5
16. I think my challenges at home will make me get into trouble.	1	2	3	4	5
17. I can tell the difference between friends that pull me down and friends that lift me up.	1	2	3	4	5
18. I think my challenges at school will make me get into trouble.	1	2	3	4	5
19. I see getting help from others as a sign of weakness.	1	2	3	4	5
20. There are many adults that I can count on.	1	2	3	4	5
21. I understand the consequences of the things that I do.	1	2	3	4	5
22. I can help people see the good things about me.	1	2	3	4	5
23. I know how to solve the difficult problems I face in life.	1	2	3	4	5
24. I can see the opportunities that lie ahead of me in the future.	1	2	3	4	5
25. I know how to keep myself motivated when things are hard.	1	2	3	4	5
26. I feel close to people at this school.	1	2	3	4	5
27. I am happy to be at this school.	1	2	3	4	5