

RESPONSES TO STRESS – [AS] (PR-C)

This is a list of things about school that children and teenagers sometimes find stressful or a problem to deal with. Please circle the number indicating how stressful the following things have been for your child in the past 6 months.

	Not at All	A Little	Somewhat	Very
a. Doing badly on a test or paper	1	2	3	4
b. Getting bad grades or report cards	1	2	3	4
c. Not understanding classes	1	2	3	4
d. Feeling pressured to do something	1	2	3	4
e. Having bad classes or teachers	1	2	3	4
f. Having trouble studying	1	2	3	4
g. Not having his/her homework done	1	2	3	4
h. Teachers that yell or get angry	1	2	3	4
i. Pressure from parents or teachers to perform perfectly	1	2	3	4
j. Other: _____	1	2	3	4

Circle the number that shows how much control he/she generally thinks he/she has over these problems.

1 2 3 4
 None A little Some A lot

Below is a list of things that children and teenagers sometimes do, think, or feel when they are dealing with school problems. Everyone deals with problems in their own way – some people do a lot of the things on this list or have a bunch of feelings, other people just do or think a few of these things.

Think of all the stressful parts of school that have been stressful for your child lately that you checked off above.

For each item below, circle **one** number from 1 (not at all) to 4 (a lot) that shows **how much** he/she does or feels these things when he/she has the problems with school like the ones you indicated above. Please let us know about everything he/she does, thinks, and feels, even if you don't think it helps make things better.

WHEN DEALING WITH THE STRESS OF SCHOOL PROBLEMS:	How much does he/she do this?			
	Not at all	A little	Some	A lot
1. He/she tries not to feel anything.	1	2	3	4
2. When dealing with the stress of school problems, he/she feels sick to his/her stomach or gets headaches.	1	2	3	4
3. He/she tries to think of different ways to change or fix the situation. Write one plan he/she thought of: _____ _____	1	2	3	4
4. When school problems happen, he/she doesn't feel anything at all, it's like he/she has no feelings.	1	2	3	4
5. He/she wishes that he/she were stronger and less sensitive so that things would be different.	1	2	3	4
6. He/she keeps remembering what happened with the school problems or can't stop thinking about what might happen.	1	2	3	4

WHEN DEALING WITH THE STRESS OF SCHOOL PROBLEMS:

How much does he/she do this?
 Not at all A little Some A lot

7. He/she lets someone or something know how he/she feels. <i>(remember to circle a number.)</i> → Check all he/she talked to: <input type="checkbox"/> Parent <input type="checkbox"/> Friend <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Pet <input type="checkbox"/> Clergy Member <input type="checkbox"/> Teacher <input type="checkbox"/> God <input type="checkbox"/> Stuffed Animal <input type="checkbox"/> Other Family Member <input type="checkbox"/> None of these	1	2	3	4
8. He/she decides he/she is okay the way he/she is, even though he/she's not perfect.	1	2	3	4
9. When he/she is around other people he/she acts like the school problems never happened.	1	2	3	4
10. He/she just has to get away from everything when he/she is dealing with the stress of school problems.	1	2	3	4
11. He/she deals with the stress of school problems by wishing it would just go away, that everything would work itself out.	1	2	3	4
12. He/she gets really jumpy when he/she is dealing with the stress of school problems.	1	2	3	4
13. He/she realizes that he/she just has to live with things the way they are.	1	2	3	4
14. When he/she is dealing with the stress of school problems, he/she just can't be near anything that reminds him/her of the problem.	1	2	3	4
15. He/she tries not to think about it, to forget all about it.	1	2	3	4
16. When he/she is dealing with the stress of school problems, he/she really doesn't know what he/she feels.	1	2	3	4
17. He/she asks other people or things for help or for ideas about how to make things better. <i>(remember to circle a number.)</i> → Check all he/she talked to: <input type="checkbox"/> Parent <input type="checkbox"/> Friend <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Pet <input type="checkbox"/> Clergy Member <input type="checkbox"/> Teacher <input type="checkbox"/> God <input type="checkbox"/> Stuffed Animal <input type="checkbox"/> Other Family Member <input type="checkbox"/> None of these	1	2	3	4
18. When he/she is trying to sleep, he/she can't stop thinking about the stressful aspects of school problems or he/she has bad dreams about the school problems.	1	2	3	4
19. He/she tells himself/herself that he/she can get through this, or that he/she will do better next time.	1	2	3	4
20. He/she lets his/her feelings out. <i>(remember to circle a number.)</i> → He/she does this by: (Check all that he/she did.) <input type="checkbox"/> Writing in his/her journal/diary <input type="checkbox"/> Drawing/painting <input type="checkbox"/> Complaining to let off steam <input type="checkbox"/> Being sarcastic/making fun <input type="checkbox"/> Listening to music <input type="checkbox"/> Punching a pillow <input type="checkbox"/> Exercising <input type="checkbox"/> Yelling <input type="checkbox"/> Crying <input type="checkbox"/> None of these	1	2	3	4
21. He/she gets help from other people or things when he/she is trying to figure out how to deal with his/her feelings. <i>(remember to circle a number.)</i> → Check all that he/she went to: <input type="checkbox"/> Parent <input type="checkbox"/> Friend <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Pet <input type="checkbox"/> Clergy Member <input type="checkbox"/> Teacher <input type="checkbox"/> God <input type="checkbox"/> Stuffed Animal <input type="checkbox"/> Other Family Member <input type="checkbox"/> None of these	1	2	3	4
22. He/she just can't get himself/herself to face the stress of school problems.	1	2	3	4
23. He/she wishes that someone would just come and take away the stressful aspects of school problems.	1	2	3	4

You're half done. Before you keep working, look back at the first page so you remember the aspects of having SCHOOL PROBLEMS that have been stressful for your child lately. Remember to answer the questions below thinking about these things.

WHEN DEALING WITH THE STRESS OF SCHOOL PROBLEMS:	How much does he/she do this?			
	Not at all	A little	Some	A lot
24. He/she does something to try to fix the stressful parts of school problems. Write one thing he/she did: _____ _____	1	2	3	4
25. Thoughts about school problems just pop into his/her head.	1	2	3	4
26. When he/she is dealing with the stress of school problems, he/she feels it in his/her body. (remember to circle a number.) → Check all that happen: <input type="checkbox"/> His/her heart races <input type="checkbox"/> His/her breathing speeds up <input type="checkbox"/> None of these <input type="checkbox"/> He/she feels hot or sweaty <input type="checkbox"/> His/her muscles get tight	1	2	3	4
27. He/she tries to stay away from people and things that make him/her feel upset or remind him/her of school problems or the stressful aspects of school problems.	1	2	3	4
28. He/she doesn't feel like himself/herself when he/she is dealing with the stress of school problems, it's like he/she is far away from everything.	1	2	3	4
29. He/she just takes things as they are; he/she goes with the flow.	1	2	3	4
30. He/she thinks about happy things to take his/her mind off the stressful parts of school problems or how he/she is feeling .	1	2	3	4
31. When something stressful happens related to school problems, he/she can't stop thinking about how he/she is feeling.	1	2	3	4
32. He/she gets sympathy, understanding, or support from someone. (remember to circle a number.) → Check all he/she went to: <input type="checkbox"/> Parent <input type="checkbox"/> Friend <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Pet <input type="checkbox"/> Clergy Member <input type="checkbox"/> Teacher <input type="checkbox"/> God <input type="checkbox"/> Stuffed Animal <input type="checkbox"/> Other Family Member <input type="checkbox"/> None of these	1	2	3	4
33. When something stressful happens related to school problems, he/she can't always control what he/she does. (remember to circle a number.) → Check all that happen: <input type="checkbox"/> He/she can't stop eating <input type="checkbox"/> He/she can't stop talking <input type="checkbox"/> He/she does dangerous things <input type="checkbox"/> He/she has to keep fixing/checking things <input type="checkbox"/> None of these	1	2	3	4
34. He/she tells himself/herself that things could be worse.	1	2	3	4
35. His/her mind just goes blank when something stressful happens related to school problems, he/she can't think at all.	1	2	3	4
36. He/she tells himself/herself that it doesn't matter, that it isn't a big deal.	1	2	3	4
37. When he/she is faced with the stressful parts of school problems, right away he/she feels really: (remember to circle a number.) → Check all that he/she feels: <input type="checkbox"/> Angry <input type="checkbox"/> Sad <input type="checkbox"/> None of these <input type="checkbox"/> Worried/anxious <input type="checkbox"/> Scared	1	2	3	4
38. It's really hard for him/her to concentrate or pay attention when something stressful happens related to school problems.	1	2	3	4
39. He/she thinks about the things he/she is learning from the situation, or something good that will come from it.	1	2	3	4

WHEN DEALING WITH THE STRESS OF SCHOOL PROBLEMS:	How much does he/she do this?			
	Not at all	A little	Some	A lot
40. After something stressful happens related to school problems, he/she can't stop thinking about what he/she did or said.	1	2	3	4
41. When stressful parts of school problems happen, he/she says to himself/herself, "This isn't real."	1	2	3	4
42. When he/she is dealing with the stressful parts of school problems, he/she ends up just lying around or sleeping a lot.	1	2	3	4
43. He/she keeps his/her mind off stressful parts of school problems by: (remember to circle a number.) → Check all that he/she does: <input type="checkbox"/> Exercising <input type="checkbox"/> Seeing friends <input type="checkbox"/> Watching TV <input type="checkbox"/> Playing video games <input type="checkbox"/> Doing a hobby <input type="checkbox"/> Listening to music <input type="checkbox"/> None of these	1	2	3	4
44. When something stressful happens related to school problems, he/she gets upset by things that don't usually bother him/her.	1	2	3	4
45. He/she does something to calm himself/herself down when he/she is dealing with the stress of school problems. (remember to circle a number.) → Check all that he/she does: <input type="checkbox"/> Take deep breaths <input type="checkbox"/> Pray <input type="checkbox"/> Walk <input type="checkbox"/> Listen to music <input type="checkbox"/> Take a break <input type="checkbox"/> Meditate <input type="checkbox"/> None of these	1	2	3	4
46. He/she just freezes when he/she is dealing with stressful parts of school problems, he/she can't do anything.	1	2	3	4
47. When stressful things happen related to school problems he/she sometimes acts without thinking.	1	2	3	4
48. He/she keeps his/her feelings under control when he/she has to, then lets them out when they won't make things worse.	1	2	3	4
49. When something stressful happens related to school problems, he/she can't seem to get around to doing things he/she is supposed to do.	1	2	3	4
50. He/she tells himself/herself that everything will be all right.	1	2	3	4
51. When something stressful happens related to school problems, he/she can't stop thinking about why this is happening.	1	2	3	4
52. He/she thinks of ways to laugh about it so that it won't seem so bad.	1	2	3	4
53. His/her thoughts start racing when he/she is faced with the stressful parts of school problems.	1	2	3	4
54. He/she imagines something really fun or exciting happening in his/her life.	1	2	3	4
55. When something stressful happens related to school problems, he/she can get so upset that he/she can't remember what happened or what he/she did.	1	2	3	4
56. He/she tries to believe that it never happened.	1	2	3	4
57. When he/she is dealing with the stress of school problems, sometimes he/she can't control what he/she does or says.	1	2	3	4