



# PREinvent YOUR Life™

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In Collaboration with:

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Comsewogue High School Club: Students United for Safer Schools (SUSS) and

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**The Time to Play Foundation:**  
***Focusing on the Positive and the Possibilities***

**How to Be Happy as Myself: 90.65% of the students surveyed responded that this is the most important skill to know in order to have an enjoyable life experience.**

The idea behind this survey was to ask our students, grades 9-12, to reflect on what they believed were the most important skills that would be helpful for a person to learn in order to have an enjoyable life experience. The survey requested the students reflect upon their own personal experience thus far in their life by asking:

**In order to have an enjoyable life experience, I believe it is important to learn  
“How to \_\_\_\_\_”**

It is our opinion that Learning “How To” in an effort to be proactive in one’s life will decrease the risk of formation of self-destructive behaviors and the ability to “PREinvent™ ” one’s life in a proactive manner to live life with greater satisfaction.

**Rationale**

The self help industry has grown into what is described as an explosive market. Since the beginning of the 21<sup>st</sup> century (beginning in 2001), the self-help industry has increased from a \$2.48 billion dollar a year industry to more than \$11 billion in 2013 (<http://en.wikipedia.org/wiki/Self-help>). The increase of revenues in the self help industry may correlate with results from studies regarding life satisfaction / dissatisfaction including the u-curve of happiness which shows that life satisfaction decreases from the age of 15 and continues to decrease until the peak of age 45 when people are noted to become motivated to improve their quality of life <http://www.economist.com/node/17722567> | <http://www.nationalreview.com/corner/393379/u-curve-happiness-maggie-gallagher>. Additionally, there are a significant number of people in our population who have been identified as receiving or needing some type of counseling, as well as an increase of people who receive a variety of diagnoses which may correlate with a negative connotation that may result in a decrease of self-esteem, thereby affecting their quality of life and life satisfaction. [https://www.counseling.org/docs/public-policy-resources-reports/effectiveness\\_of\\_and\\_need\\_for\\_counseling\\_2011.pdf?sfvrsn=2](https://www.counseling.org/docs/public-policy-resources-reports/effectiveness_of_and_need_for_counseling_2011.pdf?sfvrsn=2). Further, it is documented that people will seek counseling that may last for months or years (“forever counseling”), which may decrease personal life satisfaction and cause personal frustration and / or embarrassment. [http://www.nytimes.com/2012/04/22/opinion/sunday/in-therapy-forever-enough-already.html?\\_r=0](http://www.nytimes.com/2012/04/22/opinion/sunday/in-therapy-forever-enough-already.html?_r=0). There are additional statistics that could be noted important in the rationale for the development of this survey, including the incidence of depression or suicidal behavior in our society, with suicide being the 2<sup>nd</sup> leading cause of death in our 18 to 24 year olds.

**NOTE: At no time is this survey or ideas behind the survey intended to minimize the many factors that may lead to an undesirable life situation or disqualify the significance of mental health issues.**

The idea behind this survey was to find opportunities for people to learn what they need to know PRIOR to the development of unwanted behaviors or after many years living with feelings of life dissatisfaction and to ASK our youth their opinions and to share their thoughts on what may be important to prevent negative outcomes. How many times in our own lives have people truly asked what we thought vs. just told us what we needed?

Further, upon discussion with students and young adults regarding the ideas behind the survey, there was agreement behind the idea that if they had learned preventive, positive coping skills they may have chosen a different way of dealing with life situations they had encountered during their youth. This may also have a significant impact on overall life satisfaction and decrease or eliminate the downward slope of the u-curve of happiness that statistically shows a person lives the greater part of their life in a state of dissatisfaction.

**The current practice is that interventions occur, whether self help or through counseling, in a reactive nature after an undesirable behavior or incident occurs.** With this observation in mind, it started to make sense that we find a way to begin to identify areas where we could PREinvent™ instead of RE-invent in an effort to identify opportunities for a positive life experience and life enjoyment. The intention of the survey was to identify areas where we could educate our youth on life skills, resources, tips, tools, and coping mechanisms in order that when an undesirable life situation surfaced, there may be a proactive frame of reference. This proactive acquisition of skills would be available to the person (in a personal “tool box”) so that they could better evaluate options prior to making a choice that could be potentially detrimental to themselves or others.

Much of this revelation occurred after recognizing that our self-help industry addresses an unmet need or negative life situation. In our book, *If I Knew Then What I Know Now*, Our Quest for Quality of Life, I noted that “history will repeat itself if we let it”. I believe we continue to let it. This book showcased personal stories where people “picked themselves up, dusted themselves off” and their life lessons learned. Perhaps there is a way to avoid some of these life lessons. Perhaps many life situations, aside from self destructive behaviors, and even those including more extreme experiences like poverty or alcoholism or abuse, repeats in families or groups in our society through learned behaviors from one generation to the next.

Perhaps there is a better way. Perhaps a proactive PREinvent™ your life approach may be an option.

#### **This prompted our study.**

Although our study may be viewed as preliminary and may need to be repeated in a more controlled manner, this results bring to light different life and coping skills, in the order of importance, that our students felt may be helpful for others to learn. It is the intention of this research to begin to develop a way for a person to PREinvent™ their life and to provide information that may be useful to circumvent negative life situations later on in life.

There is no way to know what may actually happen in a person’s life, but, as is required in many institutions, practicing with a fire or emergency drill, it is best to know the way out just in case. This is the same concept. Although we cannot pre-plan a life, we can PREinvent™ with the hope to avoid a negative behavior by the person with the skill set they may not have otherwise had.

It is acknowledged that people may not have the ability to develop certain skills – life skills or coping skills – prior to certain ages in their development. However, it seems to be practical to provide to people and youth some type of frame of reference so that a person may choose a healthy option and be prepared for a situation or circumstance that may develop. Further, there have been documented instances where it would have been believed that a child who was too young called 9-1-1 during emergencies. It seems evident that providing a frame of reference to youth, even as early as through prenatal education to parents, may be an inexpensive, practical intervention that may prove to avoid or eliminate unwanted or unhealthy behaviors in their future.

It has been said children live what they learn. The way we figure it, it certainly can't hurt to provide tips, tools and resources – you never know what might help a person have a better life.

### **Survey:**

The survey was compiled based on the themes, awareness and lessons offered in articles and self-help books. The idea for the survey was discussed with Dr. Joseph Rella, Dr. John Salavarodos, Victoria Molloy, LPN, Roberta Richin. Discussion regarding question topics also occurred with Kevin LaCherra and Eugenia Karahalias, LCSW.

- A total of 727 students in grades 9 – 12 of the 1,131 in attendance on April 29, 2015, the day the survey was presented, completed the survey. It is noted that 419 students would have had to complete the survey to provide us with a statistically significant result (with a 99% confidence level and desired margin of error +/- 5%). Therefore, the survey completed by 727 students is a statistically significant representation of the whole.
- The survey was developed in the form of a Likert survey and created in an online survey format for efficiency in retrieving and analyzing the data.
- The survey was presented to the students as voluntary for completion. The students who completed the survey were not tracked in any manner and responded anonymously.

Prior to the survey being presented to the students, the survey was reviewed by the Students United for Safer Schools (SUSS) leadership club for evaluation and requests for improvements. The SUSS students believed the survey questions were appropriate and offered no revisions or additions except for providing an incentive to the students to voluntarily participate. A \$25 Panera gift card was raffled to those students who said they completed the survey. This was based on an honor system, as it was not tracked who did actually complete the survey. The raffle was conducted with anonymous “keep this ticket” numbered raffle tickets with no names recorded. The number for the winning ticket was announced to the students and the winner did retrieve the gift card.

### **Why the High School students were chosen to take the survey:**

The survey was provided to the high school students, in agreement with the Time to Play Foundation Committee and the SUSS students, as it was believed that these students would have the ability to appropriately reflect on the questions to provide the best information in this preliminary research.

**Survey Instructions / Overview Presented to the Students:**

NOTE: YOUR SURVEY RESPONSES ARE ANONYMOUS

We have put this survey together as a reflective inquiry that might assist with future generations and general awareness.

This survey was designed to ask what YOU think is (or has been) the most important life, coping, and / or problem solving skills that YOU believe are, have been, or would be to add to life enjoyment up to this point in your life.

It is our goal to learn by asking, and we welcome your feedback and input.

SO, IN YOUR OPINION -- What life / problem solving / coping skills would help our youth with life enjoyment?  
WHAT DO YOU THINK could be helpful to others?

INSTRUCTIONS FOR THE SURVEY: Please select the best option for what YOU think.

**On the survey itself, the following was included:**

PLEASE NOTE: The questions, while they are in a format that asks YOU directly, are not implying that YOU personally do not have or that you have not learned this skill.

The questions are inquiries of your opinions about what you believe are the most important skills that would be helpful for a person to learn in order to have an enjoyable life experience. Also, please note that these questions are random and are listed in no particular order or category.

INSTRUCTIONS: We are asking you to reflect upon your experience up to this point in your life by asking:

In order to have an enjoyable life experience, I believe it is important to learn "HOW TO \_\_\_\_\_". Please choose how strongly you agree or disagree with each statement.

**Survey Results:**

The following are the **top 10 responses** sorted in “strongly agree” from highest to lowest, first by all grades and then each individual grade level: 9, 10, 11 and 12.

**Top 10 ALL GRADES:**

- (b) be happy as myself
- (y) be myself
- (e) learn from mistakes
- (g) make myself happy in a healthy way
- (f) recognize my potential
- (p) get more sleep
- (p) keep going when you want to give up
- (ae) develop confidence
- (d) know I am valuable
- (n) make positive changes

**Top 10 Grade 9:**

- (b) be happy as myself
- (y) be myself
- (p) keep going when you want to give up
- (p) get more sleep
- (e) learn from mistakes
- (s) motivate myself
- (g) make myself happy in a healthy way
- (u) know what is "best" for myself
- (f) recognize my potential
- (am) be open to new ideas

**Top 10 Grade 10:**

- (b) be happy as myself
- (y) be myself
- (e) learn from mistakes
- (f) recognize my potential
- (g) make myself happy in a healthy way
- (ae) develop confidence
- (c) embrace my uniqueness
- (d) know I am valuable
- (aj) love me for me
- (m) look for opportunities

**Top 10 Grade 11:**

- (b) be happy as myself
- (y) be myself
- (e) learn from mistakes
- (d) know I am valuable
- (f) recognize my potential
- (g) make myself happy in a healthy way
- (c) embrace my uniqueness
- (p) keep going when you want to give up
- (n) make positive changes
- (q) stay hopeful

**Top 10 Grade 12:**

- (b) be happy as myself
- (y) be myself
- (e) learn from mistakes
- (p) get more sleep
- (g) make myself happy in a healthy way
- (q) develop healthy habits
- (n) make positive changes
- (ae) develop confidence
- (aj) love me for me
- (f) recognize my potential

**Conclusion: “How would you know” you need these life / coping skills and information**

How would you know you will develop a self destructive behavior? What puts a person at risk? Of course no one is born with the intention to develop a self-destructive behavior; however, having a little tidbit of information, knowledge, or life or coping skills that we otherwise may not have learned may make all the difference in the decision to partake in a behavior that may not necessarily be in our own best interest.

Additionally, providing healthy coping skills or information on entrepreneurship may provide resources or improvements to the lives of a youth that they may otherwise not have learned.

Perhaps this survey has the ability to begin a discussion to shed some light on this very important idea for proactive programs for youth in order that we may avoid undesirable outcomes both personally and for our society as a whole. It is our opinion that, with an increase of life and coping skills as identified by our students, the majority of life can be enjoyed in a more fulfilling manner.

**Commentary regarding entrepreneurship:**

It should be noted that the results of the survey showed the students consider the **LEAST** important skill as “How to start my own business”. Again, not to minimize occurrences in our current society, but there is continuous emphasis reported regarding our elected officials’ job creation statistics, unemployment statistics and an emphasis to our students on “getting a job”. Perhaps a solution could be the proactive skills or the importance of entrepreneurship and to proactively teach options on how to start a business.

**APPENDIX A**

**Survey Results: Excel Spread Sheets**

The following pages are the complete excel spread sheets sorted in “strongly agree” from highest to lowest, first by ALL GRADES and then each individual grade level: 9, 10, 11 and 12, for those who may want to review all of the survey data.



ALL															
Responses Received	3.44%	12	1.65%	22	3.03%	119	16.37%	25	3.44%	3	0.41%	487	66.99%		
None of the Above		Other		Did not answer		Total									
	4	0.55%	18	2.48%	12	1.65%	727								

**Q3. Please choose how strongly you agree -- In order to have an enjoyable life experience, I believe it is important to learn "HOW TO \_\_\_\_\_"**

	Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree	Did not answer	Total
(b) be happy as myself	21 2.89%	7 0.96%	28 3.85%	176 24.21%	483 66.44%	12 1.65%	727
(y) be myself	21 2.89%	11 1.51%	41 5.64%	193 26.55%	442 60.80%	19 2.61%	727
(e) learn from mistakes	21 2.89%	13 1.79%	39 5.36%	213 29.30%	426 58.60%	15 2.06%	727
(g) make myself happy in a healthy way	20 2.75%	15 2.06%	65 8.94%	226 31.09%	389 53.51%	12 1.65%	727
(f) recognize my potential	19 2.61%	13 1.79%	56 7.70%	241 33.15%	382 52.54%	16 2.20%	727
(p) get more sleep	28 3.85%	18 2.48%	89 12.24%	193 26.55%	378 51.99%	21 2.89%	727
(p) keep going when you want to give up	21 2.89%	13 1.79%	64 8.80%	242 33.29%	372 51.17%	15 2.06%	727
(ae) develop confidence	25 3.44%	12 1.65%	66 9.08%	234 32.19%	369 50.76%	21 2.89%	727
(d) know I am valuable	23 3.16%	14 1.93%	62 8.53%	250 34.39%	367 50.48%	11 1.51%	727
(n) make positive changes	21 2.89%	9 1.24%	52 7.15%	271 37.28%	362 49.79%	12 1.65%	727
(s) motivate myself	21 2.89%	11 1.51%	46 6.33%	267 36.73%	362 49.79%	20 2.75%	727
(c) embrace my uniqueness	18 2.48%	12 1.65%	73 10.04%	251 34.53%	361 49.66%	12 1.65%	727
(q) stay hopeful	24 3.30%	13 1.79%	58 7.98%	260 35.76%	358 49.24%	14 1.93%	727
(aj) love me for me	23 3.16%	10 1.38%	77 10.59%	241 33.15%	358 49.24%	18 2.48%	727
(am) be open to new ideas	23 3.16%	11 1.51%	60 8.25%	258 35.49%	355 48.83%	20 2.75%	727
(m) look for opportunities	19 2.61%	7 0.96%	62 8.53%	279 38.38%	349 48.01%	11 1.51%	727
(e) establish goals	24 3.30%	16 2.20%	57 7.84%	263 36.18%	347 47.73%	20 2.75%	727
(aa) be happy without depending on other people to make me happy	24 3.30%	14 1.93%	63 8.67%	261 35.90%	345 47.46%	20 2.75%	727
(w) be positive	26 3.58%	16 2.20%	64 8.80%	261 35.90%	342 47.04%	18 2.48%	727
(b) have self acceptance	24 3.30%	12 1.65%	60 8.25%	271 37.28%	341 46.91%	19 2.61%	727
(z) be confident in the decisions I make	20 2.75%	9 1.24%	72 9.90%	268 36.86%	338 46.49%	20 2.75%	727
(af) balance my school life with the with the rest of my life, in general	25 3.44%	19 2.61%	85 11.69%	246 33.84%	337 46.35%	15 2.06%	727
(u) know what is "best" for myself	22 3.03%	15 2.06%	65 8.94%	270 37.14%	337 46.35%	18 2.48%	727
(ae) discover my talents	25 3.44%	13 1.79%	72 9.90%	268 36.86%	335 46.08%	14 1.93%	727
(x) build relationships	24 3.30%	17 2.34%	69 9.49%	259 35.63%	335 46.08%	23 3.16%	727
(ag) believe in my potential for success	25 3.44%	13 1.79%	65 8.94%	272 37.41%	331 45.53%	21 2.89%	727
(q) develop healthy habits	26 3.58%	16 2.20%	73 10.04%	263 36.18%	330 45.39%	19 2.61%	727
(r) learn from failures	25 3.44%	9 1.24%	61 8.39%	281 38.65%	330 45.39%	21 2.89%	727
(al) be thoughtful towards myself and others	27 3.71%	17 2.34%	78 10.73%	259 35.63%	326 44.84%	20 2.75%	727
(ai) recognize what I'm good at	23 3.16%	11 1.51%	59 8.12%	288 39.61%	325 44.70%	21 2.89%	727
(an) use healthy actions to change things that are in my control	23 3.16%	12 1.65%	78 10.73%	279 38.38%	319 43.88%	16 2.20%	727
(l) be happy without depending on things to make me happy	26 3.58%	31 4.26%	92 12.65%	239 32.87%	319 43.88%	20 2.75%	727
(u) stop comparing myself to someone else	31 4.26%	29 3.99%	102 14.03%	236 32.46%	314 43.19%	15 2.06%	727
(y) make myself feel good in a healthy way	23 3.16%	11 1.51%	82 11.28%	279 38.38%	313 43.05%	19 2.61%	727
(ab) recognize if I am making a good choice	22 3.03%	10 1.38%	75 10.32%	287 39.48%	312 42.92%	21 2.89%	727
(i) prepare for changes that affect my life	24 3.30%	14 1.93%	73 10.04%	290 39.89%	305 41.95%	21 2.89%	727
(o) manage money	24 3.30%	9 1.24%	93 12.79%	283 38.93%	304 41.82%	14 1.93%	727
(ah) live in the present	24 3.30%	18 2.48%	88 12.10%	280 38.51%	302 41.54%	15 2.06%	727
(am) accept criticism and use it to learn	33 4.54%	26 3.58%	102 14.03%	253 34.80%	299 41.13%	14 1.93%	727
(f) keep calm	31 4.26%	22 3.03%	79 10.87%	276 37.96%	297 40.85%	22 3.03%	727
(l) keep promises	21 2.89%	21 2.89%	98 13.48%	280 38.51%	295 40.58%	12 1.65%	727
(al) identify progress and have patience	23 3.16%	13 1.79%	85 11.69%	292 40.17%	295 40.58%	19 2.61%	727
(ac) be sympathetic to others	29 3.99%	25 3.44%	100 13.76%	258 35.49%	294 40.44%	21 2.89%	727
(h) not become a "victim" of my own thoughts and behaviors	28 3.85%	15 2.06%	97 13.34%	272 37.41%	293 40.30%	22 3.03%	727
(o) fully participate and enjoy my day	23 3.16%	17 2.34%	98 13.48%	275 37.83%	293 40.30%	21 2.89%	727
(ak) decrease frustration	29 3.99%	31 4.26%	98 13.48%	262 36.04%	292 40.17%	15 2.06%	727
(g) not be discouraged	26 3.58%	24 3.30%	75 10.32%	286 39.34%	291 40.03%	25 3.44%	727
(h) have more energy	22 3.03%	24 3.30%	99 13.62%	279 38.38%	290 39.89%	13 1.79%	727
(x) be a leader	29 3.99%	34 4.68%	131 18.02%	226 31.09%	290 39.89%	17 2.34%	727
(ab) develop healthy feelings	25 3.44%	12 1.65%	87 11.97%	298 40.99%	290 39.89%	15 2.06%	727
(aa) cope in healthy ways when I'm upset about something	23 3.16%	15 2.06%	96 13.20%	287 39.48%	289 39.75%	17 2.34%	727
(j) not procrastinate	37 5.09%	36 4.95%	117 16.09%	228 31.36%	286 39.34%	23 3.16%	727
(af) avoid being critical of myself	38 5.23%	30 4.13%	99 13.62%	255 35.08%	284 39.06%	21 2.89%	727
(r) manage my emotions	23 3.16%	13 1.79%	94 12.93%	299 41.13%	283 38.93%	15 2.06%	727
(a) evaluate my options before taking action	21 2.89%	17 2.34%	78 10.73%	310 42.64%	283 38.93%	18 2.48%	727
(k) make a masterpiece of my life	26 3.58%	32 4.40%	127 17.47%	234 32.19%	283 38.93%	25 3.44%	727
(s) deal with disappointment	30 4.13%	24 3.30%	94 12.93%	276 37.96%	283 38.93%	20 2.75%	727
(ai) prioritize	22 3.03%	10 1.38%	100 13.76%	296 40.72%	282 38.79%	17 2.34%	727
(n) not be fearful	31 4.26%	31 4.26%	95 13.07%	269 37.00%	282 38.79%	19 2.61%	727
(ag) check facts before I decide what is true or false	22 3.03%	16 2.20%	99 13.62%	295 40.58%	280 38.51%	15 2.06%	727
(t) deal with negativity	31 4.26%	37 5.09%	98 13.48%	262 36.04%	280 38.51%	19 2.61%	727
(v) take a break to regroup	23 3.16%	21 2.89%	119 16.37%	268 36.86%	278 38.24%	18 2.48%	727
(aj) not feel worried	29 3.99%	26 3.58%	115 15.82%	257 35.35%	278 38.24%	22 3.03%	727
(z) deal with pressure	27 3.71%	27 3.71%	90 12.38%	290 39.89%	274 37.69%	19 2.61%	727
(ak) deal with a painful situation	28 3.85%	25 3.44%	99 13.62%	284 39.06%	272 37.41%	19 2.61%	727
(c) focus my thoughts and feelings to actions I can take	24 3.30%	13 1.79%	93 12.79%	304 41.82%	271 37.28%	22 3.03%	727
(ad) use healthy actions to cope with things I cannot change	23 3.16%	17 2.34%	121 16.64%	284 39.06%	266 36.59%	16 2.20%	727
(t) care about other people's emotions	42 5.78%	35 4.81%	100 13.76%	272 37.41%	263 36.18%	15 2.06%	727
(ad) seek help when something is bothering me	35 4.81%	30 4.13%	123 16.92%	259 35.63%	261 35.90%	19 2.61%	727
(i) become more organized	24 3.30%	25 3.44%	115 15.82%	287 39.48%	260 35.76%	16 2.20%	727
(v) not feel lonely	31 4.26%	29 3.99%	110 15.13%	282 38.79%	260 35.76%	15 2.06%	727
(w) avoid jealousy	30 4.13%	27 3.71%	133 18.29%	263 36.18%	259 35.63%	15 2.06%	727
(ac) express my feelings	31 4.26%	29 3.99%	113 15.54%	278 38.24%	258 35.49%	18 2.48%	727
(m) ask for help	30 4.13%	36 4.95%	128 17.61%	259 35.63%	255 35.08%	19 2.61%	727
(ah) participate in my community	33 4.54%	34 4.68%	131 18.02%	255 35.08%	253 34.80%	21 2.89%	727
(d) change my perspective	25 3.44%	28 3.85%	157 21.60%	274 37.69%	223 30.67%	20 2.75%	727
(k) heal hard feelings	21 2.89%	37 5.09%	182 25.03%	295 40.58%	176 24.21%	16 2.20%	727
(a) be involved in my school	32 4.40%	46 6.33%	127 17.47%	363 49.93%	148 20.36%	11 1.51%	727
(j) start my own business	42 5.78%	103 14.17%	294 40.44%	153 21.05%	120 16.51%	15 2.06%	727

Grade 9															
		African American		Asian		Hispanic		Multi-Racial		Native American		White, Non-Hispanic			
Responses Received		1.90%		4 2.53%		5 3.16%		25 15.82%		7 4.43%		0 0%		105 66.46%	
None of the Above		Other		Did not answer		Total									
1		0.63%		6 3.80%		2 1.27%		158							
		Strongly Disagree		Disagree		Neither Agree Nor Disagree		Agree		Strongly Agree		Did not answer		Total	
(b) be happy as myself	6	3.80%	2	1.27%	7	4.43%	44	27.85%	96	60.76%	3	1.90%	158		
(y) be myself	5	3.16%	3	1.90%	12	7.59%	42	26.58%	90	56.96%	6	3.80%	158		
(p) keep going when you want to give up	5	3.16%	5	3.16%	14	8.86%	46	29.11%	86	54.43%	2	1.27%	158		
(p) get more sleep	8	5.06%	4	2.53%	24	15.19%	33	20.89%	86	54.43%	3	1.90%	158		
(e) learn from mistakes	5	3.16%	7	4.43%	13	8.23%	45	28.48%	85	53.80%	3	1.90%	158		
(s) motivate myself	5	3.16%	4	2.53%	11	6.96%	56	35.44%	79	50.00%	3	1.90%	158		
(g) make myself happy in a healthy way	5	3.16%	6	3.80%	12	7.59%	54	34.18%	78	49.37%	3	1.90%	158		
(u) know what is "best" for myself	7	4.43%	5	3.16%	17	10.76%	50	31.65%	77	48.73%	2	1.27%	158		
(f) recognize my potential	4	2.53%	3	1.90%	17	10.76%	55	34.81%	76	48.10%	3	1.90%	158		
(am) be open to new ideas	7	4.43%	4	2.53%	13	8.23%	56	35.44%	76	48.10%	2	1.27%	158		
(d) know I am valuable	5	3.16%	6	3.80%	17	10.76%	52	32.91%	75	47.47%	3	1.90%	158		
(ae) discover my talents	6	3.80%	3	1.90%	17	10.76%	54	34.18%	75	47.47%	3	1.90%	158		
(q) stay hopeful	6	3.80%	4	2.53%	17	10.76%	55	34.81%	74	46.84%	2	1.27%	158		
(e) establish goals	7	4.43%	6	3.80%	12	7.59%	56	35.44%	74	46.84%	3	1.90%	158		
(ae) develop confidence	8	5.06%	3	1.90%	19	12.03%	52	32.91%	74	46.84%	2	1.27%	158		
(b) have self acceptance	7	4.43%	3	1.90%	15	9.49%	58	36.71%	73	46.20%	2	1.27%	158		
(n) make positive changes	4	2.53%	4	2.53%	17	10.76%	59	37.34%	72	45.57%	2	1.27%	158		
(m) look for opportunities	4	2.53%	4	2.53%	15	9.49%	62	39.24%	71	44.94%	2	1.27%	158		
(w) be positive	9	5.70%	6	3.80%	17	10.76%	53	33.54%	71	44.94%	2	1.27%	158		
(ai) recognize what I'm good at	7	4.43%	4	2.53%	14	8.86%	58	36.71%	71	44.94%	4	2.53%	158		
(q) develop healthy habits	9	5.70%	5	3.16%	16	10.13%	56	35.44%	70	44.30%	2	1.27%	158		
(x) build relationships	8	5.06%	5	3.16%	16	10.13%	57	36.08%	70	44.30%	2	1.27%	158		
(z) be confident in the decisions I make	7	4.43%	4	2.53%	16	10.13%	58	36.71%	70	44.30%	3	1.90%	158		
(c) embrace my uniqueness	5	3.16%	2	1.27%	20	12.66%	60	37.97%	69	43.67%	2	1.27%	158		
(x) be a leader	6	3.80%	11	6.96%	27	17.09%	42	26.58%	69	43.67%	3	1.90%	158		
(aa) be happy without depending on other people to make me happy	10	6.33%	4	2.53%	18	11.39%	55	34.81%	69	43.67%	2	1.27%	158		
(ag) believe in my potential for success	9	5.70%	6	3.80%	15	9.49%	56	35.44%	69	43.67%	3	1.90%	158		
(al) be thoughtful towards myself and others	11	6.96%	5	3.16%	20	12.66%	51	32.28%	69	43.67%	2	1.27%	158		
(af) balance my school life with the with the rest of my life, in general	8	5.06%	6	3.80%	23	14.56%	50	31.65%	68	43.04%	3	1.90%	158		
(aj) love me for me	5	3.16%	4	2.53%	22	13.92%	56	35.44%	68	43.04%	3	1.90%	158		
(r) learn from failures	10	6.33%	3	1.90%	15	9.49%	60	37.97%	67	42.41%	3	1.90%	158		
(ah) live in the present	6	3.80%	6	3.80%	17	10.76%	60	37.97%	66	41.77%	3	1.90%	158		
(o) manage money	5	3.16%	3	1.90%	19	12.03%	63	39.87%	65	41.14%	3	1.90%	158		
(al) identify progress and have patience	7	4.43%	4	2.53%	17	10.76%	60	37.97%	65	41.14%	5	3.16%	158		
(am) accept criticism and use it to learn	10	6.33%	7	4.43%	28	17.72%	47	29.75%	64	40.51%	2	1.27%	158		
(an) use healthy actions to change things that are in my control	7	4.43%	4	2.53%	22	13.92%	58	36.71%	64	40.51%	3	1.90%	158		
(f) prepare for changes that affect my life	9	5.70%	6	3.80%	16	10.13%	61	38.61%	64	40.51%	2	1.27%	158		
(l) be happy without depending on things to make me happy	9	5.70%	9	5.70%	21	13.29%	53	33.54%	64	40.51%	2	1.27%	158		
(ab) recognize if I am making a good choice	7	4.43%	4	2.53%	19	12.03%	61	38.61%	64	40.51%	3	1.90%	158		
(h) have more energy	6	3.80%	8	5.06%	21	13.29%	56	35.44%	63	39.87%	4	2.53%	158		
(u) stop comparing myself to someone else	8	5.06%	9	5.70%	30	18.99%	46	29.11%	63	39.87%	2	1.27%	158		
(l) not procrastinate	11	6.96%	7	4.43%	25	15.82%	47	29.75%	63	39.87%	5	3.16%	158		
(r) manage my emotions	7	4.43%	3	1.90%	24	15.19%	60	37.97%	62	39.24%	2	1.27%	158		
(aa) cope in healthy ways when I'm upset about something	6	3.80%	6	3.80%	21	13.29%	61	38.61%	62	39.24%	2	1.27%	158		
(a) evaluate my options before taking action	7	4.43%	6	3.80%	16	10.13%	65	41.14%	62	39.24%	2	1.27%	158		
(g) not be discouraged	8	5.06%	6	3.80%	24	15.19%	53	33.54%	62	39.24%	5	3.16%	158		
(k) make a masterpiece of my life	8	5.06%	8	5.06%	21	13.29%	55	34.81%	62	39.24%	4	2.53%	158		
(y) make myself feel good in a healthy way	9	5.70%	4	2.53%	19	12.03%	62	39.24%	62	39.24%	2	1.27%	158		
(ac) be sympathetic to others	10	6.33%	5	3.16%	21	13.29%	58	36.71%	62	39.24%	2	1.27%	158		
(l) keep promises	5	3.16%	6	3.80%	27	17.09%	57	36.08%	61	38.61%	2	1.27%	158		
(ai) prioritize	6	3.80%	3	1.90%	27	17.09%	59	37.34%	61	38.61%	2	1.27%	158		
(z) deal with pressure	6	3.80%	4	2.53%	23	14.56%	62	39.24%	60	37.97%	3	1.90%	158		
(ab) develop healthy feelings	6	3.80%	4	2.53%	25	15.82%	60	37.97%	60	37.97%	3	1.90%	158		
(h) not become a "victim" of my own thoughts and behaviors	9	5.70%	6	3.80%	26	16.46%	55	34.81%	60	37.97%	2	1.27%	158		
(o) fully participate and enjoy my day	10	6.33%	5	3.16%	23	14.56%	57	36.08%	59	37.34%	4	2.53%	158		
(aj) not feel worried	10	6.33%	6	3.80%	21	13.29%	59	37.34%	59	37.34%	3	1.90%	158		
(ak) deal with a painful situation	8	5.06%	7	4.43%	22	13.92%	60	37.97%	59	37.34%	2	1.27%	158		
(ak) decrease frustration	9	5.70%	6	3.80%	25	15.82%	57	36.08%	58	36.71%	3	1.90%	158		
(c) focus my thoughts and feelings to actions I can take	8	5.06%	3	1.90%	21	13.29%	66	41.77%	58	36.71%	2	1.27%	158		
(m) ask for help	12	7.59%	10	6.33%	32	20.25%	44	27.85%	58	36.71%	2	1.27%	158		
(t) deal with negativity	11	6.96%	7	4.43%	25	15.82%	55	34.81%	58	36.71%	2	1.27%	158		
(v) take a break to regroup	8	5.06%	6	3.80%	18	11.39%	66	41.77%	58	36.71%	2	1.27%	158		
(i) become more organized	7	4.43%	6	3.80%	21	13.29%	62	39.24%	57	36.08%	5	3.16%	158		
(ac) express my feelings	6	3.80%	9	5.70%	25	15.82%	58	36.71%	57	36.08%	3	1.90%	158		
(af) avoid being critical of myself	11	6.96%	7	4.43%	24	15.19%	56	35.44%	57	36.08%	3	1.90%	158		
(n) not be fearful	12	7.59%	5	3.16%	23	14.56%	60	37.97%	56	35.44%	2	1.27%	158		
(s) deal with disappointment	12	7.59%	8	5.06%	19	12.03%	61	38.61%	56	35.44%	2	1.27%	158		
(ad) seek help when something is bothering me	14	8.86%	7	4.43%	28	17.72%	51	32.28%	56	35.44%	2	1.27%	158		
(t) care about other people's emotions	12	7.59%	6	3.80%	18	11.39%	65	41.14%	54	34.18%	3	1.90%	158		
(ag) check facts before I decide what is true or false	6	3.80%	5	3.16%	23	14.56%	67	42.41%	54	34.18%	3	1.90%	158		
(f) keep calm	11	6.96%	5	3.16%	20	12.66%	65	41.14%	54	34.18%	3	1.90%	158		
(ah) participate in my community	12	7.59%	8	5.06%	21	13.29%	61	38.61%	54	34.18%	2	1.27%	158		
(v) not feel lonely	11	6.96%	3	1.90%	26	16.46%	62	39.24%	53	33.54%	3	1.90%	158		
(w) avoid jealousy	9	5.70%	5	3.16%	31	19.62%	59	37.34%	51	32.28%	3	1.90%	158		
(d) change my perspective	8	5.06%	6	3.80%	37	23.42%	55	34.81%	50	31.65%	2	1.27%	158		
(ad) use healthy actions to cope with things I cannot change	7	4.43%	6	3.80%	30	18.99%	64	40.51%	48	30.38%	3	1.90%	158		
(k) heal hard feelings	6	3.80%	5	3.16%	42	26.58%	69	43.67%	34	21.52%	2	1.27%	158		
(a) be involved in my school	6	3.80%	13	8.23%	33	20.89%	73	46.20%	31	19.62%	2	1.27%	158		
(j) start my own business	10	6.33%	23	14.56%	64	40.51%	33	20.89%	24	15.19%	4	2.53%	158		

Grade 10																			
Responses Received	5.21%	African American	4	1.90%	Asian	5	2.37%	Hispanic	36	17.06%	Multi-Racial	6	2.84%	Native American	1	0.47%	White, Non-Hispanic	140	66.35%
None of the Above	2	0.95%	Other	6	2.84%	Did not answer	0	0%	Total	211									
	Strongly Disagree		Disagree		Neither Agree Nor Disagree		Agree		Strongly Agree		Did not answer		Total						
(b) be happy as myself	5	2.37%	3	1.42%	8	3.79%	44	20.85%	150	71.09%	1	0.47%	211						
(y) be myself	6	2.84%	4	1.90%	11	5.21%	51	24.17%	137	64.93%	2	0.95%	211						
(e) learn from mistakes	4	1.90%	4	1.90%	11	5.21%	59	27.96%	131	62.09%	2	0.95%	211						
(f) recognize my potential	5	2.37%	6	2.84%	13	6.16%	59	27.96%	126	59.72%	2	0.95%	211						
(g) make myself happy in a healthy way	6	2.84%	4	1.90%	18	8.53%	57	27.01%	125	59.24%	1	0.47%	211						
(ae) develop confidence	6	2.84%	2	0.95%	18	8.53%	63	29.86%	120	56.87%	2	0.95%	211						
(c) embrace my uniqueness	4	1.90%	4	1.90%	21	9.95%	63	29.86%	119	56.40%	0	0%	211						
(d) know I am valuable	5	2.37%	4	1.90%	16	7.58%	69	32.70%	117	55.45%	0	0%	211						
(a) love me for me	7	3.32%	1	0.47%	20	9.48%	61	28.91%	117	55.45%	5	2.37%	211						
(m) look for opportunities	4	1.90%	1	0.47%	16	7.58%	73	34.60%	116	54.98%	1	0.47%	211						
(p) keep going when you want to give up	4	1.90%	3	1.42%	16	7.58%	70	33.18%	116	54.98%	2	0.95%	211						
(s) motivate myself	3	1.42%	4	1.90%	12	5.69%	70	33.18%	116	54.98%	6	2.84%	211						
(n) make positive changes	4	1.90%	2	0.95%	14	6.64%	76	36.02%	114	54.03%	1	0.47%	211						
(b) have self acceptance	3	1.42%	5	2.37%	15	7.11%	72	34.12%	114	54.03%	2	0.95%	211						
(aa) be happy without depending on other people to make me happy	5	2.37%	4	1.90%	15	7.11%	72	34.12%	113	53.55%	2	0.95%	211						
(am) be open to new ideas	5	2.37%	1	0.47%	17	8.06%	73	34.60%	113	53.55%	2	0.95%	211						
(q) stay hopeful	5	2.37%	4	1.90%	15	7.11%	74	35.07%	111	52.61%	2	0.95%	211						
(e) establish goals	4	1.90%	4	1.90%	13	6.16%	77	36.49%	111	52.61%	2	0.95%	211						
(p) get more sleep	7	3.32%	5	2.37%	22	10.43%	62	29.38%	111	52.61%	4	1.90%	211						
(ae) discover my talents	6	2.84%	4	1.90%	19	9.00%	72	34.12%	108	51.18%	2	0.95%	211						
(x) build relationships	5	2.37%	3	1.42%	17	8.06%	75	35.55%	108	51.18%	3	1.42%	211						
(af) balance my school life with the with the rest of my life, in general	6	2.84%	4	1.90%	26	12.32%	65	30.81%	107	50.71%	3	1.42%	211						
(w) be positive	6	2.84%	4	1.90%	13	6.16%	79	37.44%	107	50.71%	2	0.95%	211						
(ag) believe in my potential for success	6	2.84%	1	0.47%	17	8.06%	78	36.97%	106	50.24%	3	1.42%	211						
(l) be happy without depending on things to make me happy	7	3.32%	7	3.32%	25	11.85%	64	30.33%	105	49.76%	3	1.42%	211						
(u) stop comparing myself to someone else	5	2.37%	9	4.27%	25	11.85%	65	30.81%	104	49.29%	3	1.42%	211						
(an) use healthy actions to change things that are in my control	4	1.90%	4	1.90%	18	8.53%	78	36.97%	104	49.29%	3	1.42%	211						
(al) be thoughtful towards myself and others	5	2.37%	3	1.42%	20	9.48%	76	36.02%	104	49.29%	3	1.42%	211						
(u) know what is "best" for myself	7	3.32%	2	0.95%	13	6.16%	84	39.81%	103	48.82%	2	0.95%	211						
(z) be confident in the decisions I make	5	2.37%	2	0.95%	17	8.06%	82	38.86%	102	48.34%	3	1.42%	211						
(ai) recognize what I'm good at	5	2.37%	2	0.95%	19	9.00%	81	38.39%	102	48.34%	2	0.95%	211						
(f) keep calm	4	1.90%	7	3.32%	16	7.58%	80	37.91%	100	47.39%	4	1.90%	211						
(q) develop healthy habits	6	2.84%	3	1.42%	20	9.48%	80	37.91%	100	47.39%	2	0.95%	211						
(r) learn from failures	5	2.37%	1	0.47%	17	8.06%	84	39.81%	100	47.39%	4	1.90%	211						
(ah) live in the present	6	2.84%	5	2.37%	16	7.58%	83	39.34%	98	46.45%	3	1.42%	211						
(h) have more energy	3	1.42%	10	4.74%	27	12.80%	74	35.07%	97	45.97%	0	0%	211						
(o) manage money	5	2.37%	1	0.47%	24	11.37%	83	39.34%	97	45.97%	1	0.47%	211						
(o) fully participate and enjoy my day	3	1.42%	6	2.84%	21	9.95%	81	38.39%	97	45.97%	3	1.42%	211						
(ab) develop healthy feelings	6	2.84%	2	0.95%	22	10.43%	83	39.34%	96	45.50%	2	0.95%	211						
(ak) decrease frustration	8	3.79%	10	4.74%	21	9.95%	73	34.60%	96	45.50%	3	1.42%	211						
(k) make a masterpiece of my life	5	2.37%	8	3.79%	32	15.17%	68	32.23%	96	45.50%	2	0.95%	211						
(y) make myself feel good in a healthy way	5	2.37%	1	0.47%	23	10.90%	83	39.34%	96	45.50%	3	1.42%	211						
(i) prepare for changes that affect my life	5	2.37%	3	1.42%	17	8.06%	88	41.71%	95	45.02%	3	1.42%	211						
(ab) recognize if I am making a good choice	6	2.84%	1	0.47%	21	9.95%	86	40.76%	95	45.02%	2	0.95%	211						
(x) be a leader	5	2.37%	7	3.32%	36	17.06%	65	30.81%	94	44.55%	4	1.90%	211						
(ac) be sympathetic to others	6	2.84%	9	4.27%	32	15.17%	67	31.75%	94	44.55%	3	1.42%	211						
(aa) cope in healthy ways when I'm upset about something	4	1.90%	3	1.42%	28	13.27%	79	37.44%	93	44.08%	4	1.90%	211						
(am) accept criticism and use it to learn	8	3.79%	7	3.32%	27	12.80%	75	35.55%	92	43.60%	2	0.95%	211						
(g) not be discouraged	5	2.37%	9	4.27%	16	7.58%	85	40.28%	92	43.60%	4	1.90%	211						
(n) not be fearful	5	2.37%	7	3.32%	22	10.43%	82	38.86%	92	43.60%	3	1.42%	211						
(ag) check facts before I decide what is true or false	6	2.84%	4	1.90%	31	14.69%	77	36.49%	91	43.13%	2	0.95%	211						
(l) keep promises	4	1.90%	3	1.42%	31	14.69%	82	38.86%	89	42.18%	2	0.95%	211						
(ad) use healthy actions to cope with things I cannot change	5	2.37%	4	1.90%	34	16.11%	76	36.02%	89	42.18%	3	1.42%	211						
(al) identify progress and have patience	5	2.37%	4	1.90%	25	11.85%	86	40.76%	89	42.18%	2	0.95%	211						
(j) not procrastinate	9	4.27%	10	4.74%	26	12.32%	76	36.02%	88	41.71%	2	0.95%	211						
(af) avoid being critical of myself	11	5.21%	7	3.32%	33	15.64%	70	33.18%	88	41.71%	2	0.95%	211						
(i) become more organized	4	1.90%	5	2.37%	30	14.22%	82	38.86%	87	41.23%	3	1.42%	211						
(t) care about other people's emotions	10	4.74%	9	4.27%	31	14.69%	71	33.65%	87	41.23%	3	1.42%	211						
(v) not feel lonely	7	3.32%	9	4.27%	36	17.06%	70	33.18%	87	41.23%	2	0.95%	211						
(ak) deal with a painful situation	8	3.79%	5	2.37%	27	12.80%	82	38.86%	87	41.23%	2	0.95%	211						
(a) evaluate my options before taking action	4	1.90%	3	1.42%	19	9.00%	97	45.97%	86	40.76%	2	0.95%	211						
(s) deal with disappointment	8	3.79%	7	3.32%	23	10.90%	84	39.81%	86	40.76%	3	1.42%	211						
(h) not become a "victim" of my own thoughts and behaviors	7	3.32%	4	1.90%	30	14.22%	83	39.34%	85	40.28%	2	0.95%	211						
(v) take a break to regroup	5	2.37%	7	3.32%	34	16.11%	78	36.97%	85	40.28%	2	0.95%	211						
(aj) not feel worried	5	2.37%	7	3.32%	33	15.64%	80	37.91%	84	39.81%	2	0.95%	211						
(t) deal with negativity	9	4.27%	11	5.21%	25	11.85%	80	37.91%	83	39.34%	3	1.42%	211						
(r) manage my emotions	4	1.90%	4	1.90%	31	14.69%	87	41.23%	82	38.86%	3	1.42%	211						
(c) focus my thoughts and feelings to actions I can take	6	2.84%	4	1.90%	25	11.85%	90	42.65%	82	38.86%	4	1.90%	211						
(ai) prioritize	5	2.37%	2	0.95%	26	12.32%	92	43.60%	81	38.39%	5	2.37%	211						
(m) ask for help	7	3.32%	7	3.32%	26	12.32%	88	41.71%	80	37.91%	3	1.42%	211						
(ad) seek help when something is bothering me	9	4.27%	10	4.74%	36	17.06%	74	35.07%	80	37.91%	2	0.95%	211						
(ah) participate in my community	6	2.84%	10	4.74%	45	21.33%	67	31.75%	80	37.91%	3	1.42%	211						
(w) avoid jealousy	5	2.37%	9	4.27%	42	19.91%	73	34.60%	79	37.44%	3	1.42%	211						
(ac) express my feelings	8	3.79%	8	3.79%	30	14.22%	84	39.81%	78	36.97%	3	1.42%	211						
(z) deal with pressure	7	3.32%	13	6.16%	24	11.37%	87	41.23%	77	36.49%	3	1.42%	211						
(d) change my perspective	7	3.32%	8	3.79%	39	18.48%	83	39.34%	71	33.65%	3	1.42%	211						
(a) be involved in my school	7	3.32%	11	5.21%	36	17.06%	101	47.87%	56	26.54%	0	0%	211						
(k) heal hard feelings	4	1.90%	6	2.84%	57	27.01%	85	40.28%	56	26.54%	3	1.42%	211						
(j) start my own business	7	3.32%	29	13.74%	86	40.76%	46	21.80%	40	18.96%	3	1.42%	211						

Grade 11		African American		Asian		Hispanic		Multi-Racial		Native American		White, Non-Hispanic	
Responses Received	3.93%	1	0.56%	5	2.81%	29	16.29%	7	3.93%	1	0.56%	122	68.54%
None of the Above		Other		Did not answer		Total							
	1	0.56%	5	2.81%	0	0%	178						

  

	Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree	Did not answer	Total	
<b>(b)</b> be happy as myself	6 3.37%	1 0.56%	3 1.69%	47 26.40%	120 67.42%	1	0.56%	178
<b>(y)</b> be myself	7 3.93%	2 1.12%	11 6.18%	46 25.84%	110 61.80%	2	1.12%	178
<b>(e)</b> learn from mistakes	7 3.93%	0 0%	5 2.81%	55 30.90%	109 61.24%	2	1.12%	178
<b>(d)</b> know I am valuable	9 5.06%	1 0.56%	11 6.18%	60 33.71%	96 53.93%	1	0.56%	178
<b>(f)</b> recognize my potential	6 3.37%	2 1.12%	10 5.62%	63 35.39%	95 53.37%	2	1.12%	178
<b>(g)</b> make myself happy in a healthy way	6 3.37%	3 1.69%	21 11.80%	53 29.78%	94 52.81%	1	0.56%	178
<b>(c)</b> embrace my uniqueness	6 3.37%	3 1.69%	13 7.30%	61 34.27%	93 52.25%	2	1.12%	178
<b>(p)</b> keep going when you want to give up	7 3.93%	4 2.25%	18 10.11%	55 30.90%	92 51.69%	2	1.12%	178
<b>(n)</b> make positive changes	8 4.49%	2 1.12%	9 5.06%	66 37.08%	91 51.12%	2	1.12%	178
<b>(q)</b> stay hopeful	8 4.49%	3 1.69%	10 5.62%	65 36.52%	90 50.56%	2	1.12%	178
<b>(a)</b> love me for me	8 4.49%	3 1.69%	18 10.11%	59 33.15%	89 50.00%	1	0.56%	178
<b>(p)</b> get more sleep	6 3.37%	4 2.25%	19 10.67%	56 31.46%	89 50.00%	4	2.25%	178
<b>(ae)</b> develop confidence	5 2.81%	3 1.69%	14 7.87%	62 34.83%	88 49.44%	6	3.37%	178
<b>(r)</b> learn from failures	6 3.37%	2 1.12%	14 7.87%	66 37.08%	86 48.31%	4	2.25%	178
<b>(s)</b> motivate myself	9 5.06%	0 0%	7 3.93%	74 41.57%	85 47.75%	3	1.69%	178
<b>(ag)</b> believe in my potential for success	5 2.81%	2 1.12%	18 10.11%	63 35.39%	85 47.75%	5	2.81%	178
<b>(x)</b> build relationships	6 3.37%	3 1.69%	16 8.99%	62 34.83%	84 47.19%	7	3.93%	178
<b>(am)</b> be open to new ideas	5 2.81%	3 1.69%	15 8.43%	65 36.52%	84 47.19%	6	3.37%	178
<b>(m)</b> look for opportunities	8 4.49%	0 0%	14 7.87%	72 40.45%	83 46.63%	1	0.56%	178
<b>(u)</b> know what is "best" for myself	6 3.37%	3 1.69%	18 10.11%	64 35.96%	83 46.63%	4	2.25%	178
<b>(z)</b> be confident in the decisions I make	5 2.81%	1 0.56%	17 9.55%	68 38.20%	83 46.63%	4	2.25%	178
<b>(af)</b> balance my school life with the with the rest of my life, in general	8 4.49%	5 2.81%	18 10.11%	64 35.96%	82 46.07%	1	0.56%	178
<b>(aa)</b> be happy without depending on other people to make me happy	6 3.37%	2 1.12%	16 8.99%	67 37.64%	81 45.51%	6	3.37%	178
<b>(e)</b> establish goals	8 4.49%	2 1.12%	15 8.43%	68 38.20%	80 44.94%	5	2.81%	178
<b>(w)</b> be positive	6 3.37%	3 1.69%	18 10.11%	67 37.64%	80 44.94%	4	2.25%	178
<b>(ai)</b> recognize what I'm good at	5 2.81%	2 1.12%	15 8.43%	72 40.45%	79 44.38%	5	2.81%	178
<b>(ae)</b> discover my talents	8 4.49%	3 1.69%	18 10.11%	70 39.33%	78 43.82%	1	0.56%	178
<b>(b)</b> have self acceptance	9 5.06%	1 0.56%	15 8.43%	70 39.33%	78 43.82%	5	2.81%	178
<b>(ab)</b> recognize if I am making a good choice	5 2.81%	1 0.56%	16 8.99%	73 41.01%	78 43.82%	5	2.81%	178
<b>(an)</b> use healthy actions to change things that are in my control	7 3.93%	1 0.56%	22 12.36%	71 39.89%	76 42.70%	1	0.56%	178
<b>(i)</b> prepare for changes that affect my life	6 3.37%	3 1.69%	24 13.48%	63 35.39%	76 42.70%	6	3.37%	178
<b>(a)</b> develop healthy habits	6 3.37%	3 1.69%	19 10.67%	70 39.33%	75 42.13%	5	2.81%	178
<b>(y)</b> make myself feel good in a healthy way	5 2.81%	2 1.12%	19 10.67%	73 41.01%	75 42.13%	4	2.25%	178
<b>(l)</b> keep promises	7 3.93%	6 3.37%	18 10.11%	72 40.45%	74 41.57%	1	0.56%	178
<b>(o)</b> manage money	9 5.06%	2 1.12%	25 14.04%	66 37.08%	74 41.57%	2	1.12%	178
<b>(u)</b> stop comparing myself to someone else	15 8.43%	5 2.81%	22 12.36%	59 33.15%	74 41.57%	3	1.69%	178
<b>(l)</b> be happy without depending on things to make me happy	6 3.37%	8 4.49%	21 11.80%	64 35.96%	74 41.57%	5	2.81%	178
<b>(al)</b> be thoughtful towards myself and others	5 2.81%	3 1.69%	19 10.67%	72 40.45%	74 41.57%	5	2.81%	178
<b>(ak)</b> decrease frustration	8 4.49%	9 5.06%	26 14.61%	61 34.27%	73 41.01%	1	0.56%	178
<b>(h)</b> not become a "victim" of my own thoughts and behaviors	7 3.93%	2 1.12%	20 11.24%	70 39.33%	73 41.01%	6	3.37%	178
<b>(ac)</b> be sympathetic to others	6 3.37%	5 2.81%	26 14.61%	63 35.39%	72 40.45%	6	3.37%	178
<b>(r)</b> manage my emotions	8 4.49%	1 0.56%	21 11.80%	75 42.13%	71 39.89%	2	1.12%	178
<b>(ah)</b> live in the present	8 4.49%	6 3.37%	27 15.17%	65 36.52%	71 39.89%	1	0.56%	178
<b>(ai)</b> prioritize	8 4.49%	1 0.56%	26 14.61%	71 39.89%	70 39.33%	2	1.12%	178
<b>(al)</b> identify progress and have patience	8 4.49%	2 1.12%	24 13.48%	71 39.89%	70 39.33%	3	1.69%	178
<b>(am)</b> accept criticism and use it to learn	8 4.49%	8 4.49%	29 16.29%	62 34.83%	70 39.33%	1	0.56%	178
<b>(s)</b> deal with disappointment	8 4.49%	3 1.69%	24 13.48%	69 38.76%	70 39.33%	4	2.25%	178
<b>(c)</b> focus my thoughts and feelings to actions I can take	6 3.37%	2 1.12%	22 12.36%	73 41.01%	69 38.76%	6	3.37%	178
<b>(t)</b> deal with negativity	7 3.93%	10 5.62%	23 12.92%	65 36.52%	69 38.76%	4	2.25%	178
<b>(af)</b> avoid being critical of myself	11 6.18%	8 4.49%	21 11.80%	63 35.39%	69 38.76%	6	3.37%	178
<b>(ab)</b> develop healthy feelings	7 3.93%	3 1.69%	23 12.92%	76 42.70%	68 38.20%	1	0.56%	178
<b>(a)</b> evaluate my options before taking action	7 3.93%	3 1.69%	19 10.67%	77 43.26%	68 38.20%	4	2.25%	178
<b>(f)</b> keep calm	10 5.62%	6 3.37%	22 12.36%	67 37.64%	68 38.20%	5	2.81%	178
<b>(n)</b> not be fearful	8 4.49%	11 6.18%	24 13.48%	63 35.39%	68 38.20%	4	2.25%	178
<b>(v)</b> take a break to regroup	5 2.81%	4 2.25%	32 17.98%	65 36.52%	68 38.20%	4	2.25%	178
<b>(h)</b> have more energy	9 5.06%	2 1.12%	31 17.42%	67 37.64%	67 37.64%	2	1.12%	178
<b>(ag)</b> check facts before I decide what is true or false	7 3.93%	3 1.69%	22 12.36%	77 43.26%	67 37.64%	2	1.12%	178
<b>(j)</b> not procrastinate	13 7.30%	9 5.06%	33 18.54%	50 28.09%	67 37.64%	6	3.37%	178
<b>(z)</b> deal with pressure	10 5.62%	5 2.81%	24 13.48%	71 39.89%	65 36.52%	3	1.69%	178
<b>(w)</b> avoid jealousy	12 6.74%	4 2.25%	32 17.98%	64 35.96%	64 35.96%	2	1.12%	178
<b>(aa)</b> cope in healthy ways when I'm upset about something	10 5.62%	4 2.25%	27 15.17%	71 39.89%	64 35.96%	2	1.12%	178
<b>(k)</b> make a masterpiece of my life	8 4.49%	6 3.37%	40 22.47%	54 30.34%	64 35.96%	6	3.37%	178
<b>(o)</b> fully participate and enjoy my day	6 3.37%	2 1.12%	25 14.04%	77 43.26%	64 35.96%	4	2.25%	178
<b>(aj)</b> not feel worried	7 3.93%	8 4.49%	33 18.54%	59 33.15%	64 35.96%	7	3.93%	178
<b>(x)</b> be a leader	11 6.18%	7 3.93%	34 19.10%	61 34.27%	63 35.39%	2	1.12%	178
<b>(g)</b> not be discouraged	9 5.06%	5 2.81%	17 9.55%	79 44.38%	63 35.39%	5	2.81%	178
<b>(t)</b> care about other people's emotions	10 5.62%	10 5.62%	20 11.24%	76 42.70%	61 34.27%	1	0.56%	178
<b>(v)</b> not feel lonely	7 3.93%	10 5.62%	25 14.04%	73 41.01%	61 34.27%	2	1.12%	178
<b>(ac)</b> express my feelings	11 6.18%	7 3.93%	32 17.98%	65 36.52%	61 34.27%	2	1.12%	178
<b>(ad)</b> use healthy actions to cope with things I cannot change	8 4.49%	5 2.81%	29 16.29%	73 41.01%	61 34.27%	2	1.12%	178
<b>(ak)</b> deal with a painful situation	6 3.37%	7 3.93%	26 14.61%	73 41.01%	61 34.27%	5	2.81%	178
<b>(ah)</b> participate in my community	8 4.49%	8 4.49%	37 20.79%	59 33.15%	60 33.71%	6	3.37%	178
<b>(ad)</b> seek help when something is bothering me	6 3.37%	6 3.37%	28 15.73%	74 41.57%	59 33.15%	5	2.81%	178
<b>(i)</b> become more organized	8 4.49%	8 4.49%	36 20.22%	70 39.33%	55 30.90%	1	0.56%	178
<b>(m)</b> ask for help	6 3.37%	9 5.06%	39 21.91%	65 36.52%	55 30.90%	4	2.25%	178
<b>(d)</b> change my perspective	7 3.93%	7 3.93%	41 23.03%	69 38.76%	49 27.53%	5	2.81%	178
<b>(k)</b> heal hard feelings	8 4.49%	16 8.99%	41 23.03%	70 39.33%	42 23.60%	1	0.56%	178
<b>(a)</b> be involved in my school	14 7.87%	11 6.18%	26 14.61%	91 51.12%	35 19.66%	1	0.56%	178
<b>(j)</b> start my own business	13 7.30%	31 17.42%	66 37.08%	38 21.35%	29 16.29%	1	0.56%	178

Grade 12														
Responses Received		African American		Asian		Hispanic		Multi-		Native		White,		
None of the Above	0	1.27%	2	1.27%	7	4.46%	27	17.20%	5	3.18%	0	0%	113	71.97%
		Other		Did not		Total								
	0	0%	1	0.64%	0	0%	157							
	Strongly		Disagree		Neither		Agree		Stron		Did		Total	
(b) be happy as myself	4	2.55%	1	0.64%	5	3.18%	36	22.93%	111	70.70%	0	0%	157	
(y) be myself	3	1.91%	2	1.27%	3	1.91%	50	31.85%	99	63.06%	0	0%	157	
(e) learn from mistakes	5	3.18%	2	1.27%	5	3.18%	49	31.21%	96	61.15%	0	0%	157	
(p) get more sleep	7	4.46%	4	2.55%	19	12.10%	36	22.93%	88	56.05%	3	1.91%	157	
(g) make myself happy in a healthy way	3	1.91%	2	1.27%	10	6.37%	55	35.03%	87	55.41%	0	0%	157	
(q) develop healthy habits	5	3.18%	4	2.55%	13	8.28%	49	31.21%	83	52.87%	3	1.91%	157	
(n) make positive changes	5	3.18%	1	0.64%	7	4.46%	62	39.49%	82	52.23%	0	0%	157	
(ae) develop confidence	6	3.82%	3	1.91%	12	7.64%	50	31.85%	82	52.23%	4	2.55%	157	
(aj) love me for me	3	1.91%	2	1.27%	12	7.64%	59	37.58%	81	51.59%	0	0%	157	
(f) recognize my potential	4	2.55%	2	1.27%	11	7.01%	58	36.94%	80	50.96%	2	1.27%	157	
(w) be positive	5	3.18%	3	1.91%	11	7.01%	56	35.67%	79	50.32%	3	1.91%	157	
(g) stay hopeful	5	3.18%	2	1.27%	11	7.01%	61	38.85%	78	49.68%	0	0%	157	
(s) motivate myself	4	2.55%	3	1.91%	11	7.01%	61	38.85%	78	49.68%	0	0%	157	
(z) be confident in the decisions I make	3	1.91%	2	1.27%	18	11.46%	53	33.76%	78	49.68%	3	1.91%	157	
(af) balance my school life with the with the rest of my life, in	3	1.91%	4	2.55%	15	9.55%	59	37.58%	76	48.41%	0	0%	157	
(e) establish goals	5	3.18%	4	2.55%	13	8.28%	56	35.67%	76	48.41%	3	1.91%	157	
(c) embrace my uniqueness	3	1.91%	3	1.91%	13	8.28%	62	39.49%	75	47.77%	1	0.64%	157	
(y) make myself feel good in a healthy way	4	2.55%	4	2.55%	16	10.19%	55	35.03%	75	47.77%	3	1.91%	157	
(aa) be happy without depending on other people to make me	3	1.91%	4	2.55%	10	6.37%	62	39.49%	75	47.77%	3	1.91%	157	
(am) be open to new ideas	6	3.82%	2	1.27%	12	7.64%	59	37.58%	75	47.77%	3	1.91%	157	
(d) know I am valuable	4	2.55%	3	1.91%	12	7.64%	64	40.76%	74	47.13%	0	0%	157	
(m) look for opportunities	3	1.91%	2	1.27%	12	7.64%	67	42.68%	73	46.50%	0	0%	157	
(r) learn from failures	4	2.55%	3	1.91%	10	6.37%	64	40.76%	73	46.50%	3	1.91%	157	
(al) be thoughtful towards myself and others	6	3.82%	4	2.55%	16	10.19%	55	35.03%	73	46.50%	3	1.91%	157	
(p) keep going when you want to give up	5	3.18%	1	0.64%	12	7.64%	65	41.40%	72	45.86%	2	1.27%	157	
(b) have self acceptance	5	3.18%	3	1.91%	11	7.01%	63	40.13%	72	45.86%	3	1.91%	157	
(ae) discover my talents	5	3.18%	3	1.91%	15	9.55%	63	40.13%	71	45.22%	0	0%	157	
(l) be happy without depending on things to make me happy	4	2.55%	6	3.82%	20	12.74%	53	33.76%	71	45.22%	3	1.91%	157	
(an) use healthy actions to change things that are in my control	4	2.55%	3	1.91%	13	8.28%	66	42.04%	70	44.59%	1	0.64%	157	
(u) know what is "best" for myself	2	1.27%	5	3.18%	12	7.64%	65	41.40%	70	44.59%	3	1.91%	157	
(ab) recognize if I am making a good choice	4	2.55%	4	2.55%	15	9.55%	61	38.85%	70	44.59%	3	1.91%	157	
(f) keep calm	6	3.82%	4	2.55%	16	10.19%	59	37.58%	69	43.95%	3	1.91%	157	
(g) not be discouraged	4	2.55%	4	2.55%	13	8.28%	63	40.13%	69	43.95%	4	2.55%	157	
(h) not become a "victim" of my own thoughts and behaviors	5	3.18%	3	1.91%	17	10.83%	58	36.94%	69	43.95%	5	3.18%	157	
(s) deal with disappointment	2	1.27%	6	3.82%	23	14.65%	54	34.39%	69	43.95%	3	1.91%	157	
(x) build relationships	5	3.18%	6	3.82%	13	8.28%	60	38.22%	69	43.95%	4	2.55%	157	
(ai) recognize what I'm good at	6	3.82%	2	1.27%	8	5.10%	69	43.95%	69	43.95%	3	1.91%	157	
(am) accept criticism and use it to learn	6	3.82%	4	2.55%	15	9.55%	63	40.13%	68	43.31%	1	0.64%	157	
(o) fully participate and enjoy my day	4	2.55%	4	2.55%	22	14.01%	56	35.67%	68	43.31%	3	1.91%	157	
(t) deal with negativity	4	2.55%	9	5.73%	20	12.74%	53	33.76%	68	43.31%	3	1.91%	157	
(u) stop comparing myself to someone else	3	1.91%	6	3.82%	20	12.74%	61	38.85%	67	42.68%	0	0%	157	
(z) deal with pressure	4	2.55%	5	3.18%	15	9.55%	65	41.40%	67	42.68%	1	0.64%	157	
(ai) prioritize	3	1.91%	4	2.55%	16	10.19%	67	42.68%	67	42.68%	0	0%	157	
(al) identify progress and have patience	3	1.91%	3	1.91%	15	9.55%	69	43.95%	67	42.68%	0	0%	157	
(ag) believe in my potential for success	5	3.18%	3	1.91%	12	7.64%	67	42.68%	67	42.68%	3	1.91%	157	
(aa) cope in healthy ways when I'm upset about something	3	1.91%	2	1.27%	16	10.19%	69	43.95%	66	42.04%	1	0.64%	157	
(l) prepare for changes that affect my life	4	2.55%	2	1.27%	12	7.64%	70	44.59%	66	42.04%	3	1.91%	157	
(af) avoid being critical of myself	5	3.18%	8	5.10%	16	10.19%	59	37.58%	66	42.04%	3	1.91%	157	
(l) keep promises	5	3.18%	5	3.18%	16	10.19%	66	42.04%	65	41.40%	0	0%	157	
(r) manage my emotions	4	2.55%	5	3.18%	13	8.28%	69	43.95%	65	41.40%	1	0.64%	157	
(j) not procrastinate	4	2.55%	9	5.73%	27	17.20%	49	31.21%	65	41.40%	3	1.91%	157	
(aj) not feel worried	7	4.46%	4	2.55%	25	15.92%	53	33.76%	65	41.40%	3	1.91%	157	
(o) manage money	3	1.91%	3	1.91%	18	11.46%	66	42.04%	64	40.76%	1	0.64%	157	
(v) take a break to regroup	5	3.18%	4	2.55%	29	18.47%	52	33.12%	64	40.76%	3	1.91%	157	
(ad) use healthy actions to cope with things I cannot change	3	1.91%	2	1.27%	24	15.29%	65	41.40%	63	40.13%	0	0%	157	
(ag) check facts before I decide what is true or false	3	1.91%	4	2.55%	20	12.74%	67	42.68%	63	40.13%	0	0%	157	
(ah) live in the present	4	2.55%	1	0.64%	25	15.92%	64	40.76%	63	40.13%	0	0%	157	
(a) evaluate my options before taking action	3	1.91%	4	2.55%	20	12.74%	64	40.76%	63	40.13%	3	1.91%	157	
(ab) develop healthy feelings	6	3.82%	3	1.91%	12	7.64%	73	46.50%	62	39.49%	1	0.64%	157	
(ak) decrease frustration	4	2.55%	6	3.82%	21	13.38%	64	40.76%	62	39.49%	0	0%	157	
(ac) be sympathetic to others	6	3.82%	6	3.82%	17	10.83%	63	40.13%	62	39.49%	3	1.91%	157	
(n) not be fearful	6	3.82%	8	5.10%	20	12.74%	59	37.58%	61	38.85%	3	1.91%	157	
(ad) seek help when something is bothering me	6	3.82%	6	3.82%	27	17.20%	54	34.39%	61	38.85%	3	1.91%	157	
(h) have more energy	4	2.55%	4	2.55%	16	10.19%	73	46.50%	60	38.22%	0	0%	157	
(w) avoid jealousy	4	2.55%	9	5.73%	23	14.65%	61	38.85%	60	38.22%	0	0%	157	
(t) care about other people's emotions	10	6.37%	9	5.73%	26	16.56%	52	33.12%	59	37.58%	1	0.64%	157	
(x) be a leader	7	4.46%	9	5.73%	29	18.47%	53	33.76%	59	37.58%	0	0%	157	
(ak) deal with a painful situation	6	3.82%	6	3.82%	20	12.74%	63	40.13%	59	37.58%	3	1.91%	157	
(i) become more organized	4	2.55%	6	3.82%	23	14.65%	66	42.04%	58	36.94%	0	0%	157	
(c) focus my thoughts and feelings to actions I can take	4	2.55%	3	1.91%	20	12.74%	69	43.95%	58	36.94%	3	1.91%	157	
(ac) express my feelings	6	3.82%	5	3.18%	21	13.38%	66	42.04%	57	36.31%	2	1.27%	157	
(k) make a masterpiece of my life	4	2.55%	10	6.37%	27	17.20%	54	34.39%	57	36.31%	5	3.18%	157	
(m) ask for help	5	3.18%	10	6.37%	25	15.92%	57	36.31%	57	36.31%	3	1.91%	157	
(v) not feel lonely	5	3.18%	7	4.46%	18	11.46%	70	44.59%	56	35.67%	1	0.64%	157	
(ah) participate in my community	6	3.82%	8	5.10%	23	14.65%	62	39.49%	55	35.03%	3	1.91%	157	
(d) change my perspective	3	1.91%	5	3.18%	35	22.29%	63	40.13%	48	30.57%	3	1.91%	157	
(k) heal hard feelings	3	1.91%	10	6.37%	36	22.93%	64	40.76%	42	26.75%	2	1.27%	157	
(a) be involved in my school	4	2.55%	11	7.01%	27	17.20%	89	56.69%	25	15.92%	1	0.64%	157	
(j) start my own business	11	7.01%	20	12.74%	67	42.68%	35	22.29%	24	15.29%	0	0%	157	

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