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The purpose of this instrument is to evaluate your difficulties and strengths at school, demotivational and motivational aspects, weak points, positive self – evaluation, wishes for the school and the future, coping strategies and helping thoughts.

Instruction:

Read each sentence carefully. Please, express your agreement or disagreement with the following statements. If you absolutely agree with the sentence, please, underline the full basket, but if you totally disagree, please, underline the empty basket.



DIFFICULTIES AT SCHOOL			
It is interesting to learn - reversed			
I like my school - reversed			
I like classmates - reversed			
I like teachers - reversed			
I feel constant fear not to understand			
I feel fear to be humiliated			
Homework is boring			
Lessons are not interesting			
Teachers are objective towards pupils - reversed			
Teachers humiliate pupils			
The working day at school is too long			
Lessons are too long and hard to be learned (too much text and facts)			



Oral examination in front of the class can be disturbing	
Teachers talk too fast	
Teachers explain thoroughly study materials - reversed	
I have been bullied by classmates	
I have difficulties to comprehend the contents of subjects	
I understand easily what teachers explain - reversed	
STRENGTHS AT SCHOOL	
There are some school subjects that I can succeed in	
I like to learn new things	
I like when teachers talk about things that matter to me	
I like when teachers make me feel more relaxed	
I feel valued at school	
I like being with classmates	
I like working with IT	
I prefer homework and project based examination	
I like making experiments and executing practical tasks	
I like getting better in the challenging subject	
I like mastering difficult subjects in spite of discouraging past experiences	
DEMOTIVATIONAL ASPECTS	



Teaching materials are useless, repetitive and not interesting	
Teachers are angry	
Teachers are not respectful	
Teachers do not like their work	
I often do not know what to do during the lesson	
I lack focus on developing my practical skills	
I waste my time at school	
I am discouraged by psychological climate at school (prejudice attitudes, intimidation, humiliation, bullying)	
Study programs are too complicated	
Lessons are not relevant to my interests and needs	
I cannot find out how lessons will serve me in the real live	
There are too many requirements and tasks at school	
I feel anxiety of the exams	
Teachers talk too fast and it make me feel like I cannot understand lessons' content	
Teachers are not explaining comprehensibly what to do or in which way	
I feel time pressure during lessons	
Classmates constantly distract me	
I feel anxious to get any graduation at all	
MOTIVATIONAL ASPECTS	



I like communicating with friends at school	
There are some very interesting study subjects	
I have an opportunity to help weaker students	
I like talks with school social educator	
I like talks with school psychologist	
I like involvement in the school project activities	
I like school because I can have fun there	
I like school because I am not staying alone at home	
I like school because it promotes my personal development	
I like school because I can get there acknowledgement and awarding	
I like school because there are some "good" teachers who talk with me and are interested in my personality	
I like school because it prepares me for life.	
There is mutual help among students	
I like when teachers dare let students decide on topics of projects	
I have the feeling of being appreciated at school	
I am accepted and respected by classmates	
WEAK POINTS	
I feel lack of interest for social activities in general	
I can not concentrate	



I feel negative influence of parents	
I feel negative influence of friends	
I feel helpless at school	
I do not trust teachers and school staff	
There is unfavourable attitude to the pupils coming from the society	
There are many outside school problems	
Teachers are "helpless" in managing teacher-students relations	
I often feel distracted by classmates	
I have been side-lined by classmates	
I have memorizing problems	
I have comprehension problems	
POSITIVE SELF-EVALUATION	
School is useful for personal development	
School gives opportunity to help others	
School gives opportunity to continue studies in professional training	
School gives opportunity to find friends	
Teachers give all their time for pupils	
School gives opportunity to learn to communicate	
School gives opportunity to apply knowledge in real life	



School gives opportunity to be accepted and supported by classmates	
School gives opportunity to be accepted and supported by teachers	
School helps in becoming more self-confident and determined	
School helps in becoming more skilled in presentations	
School helps in becoming more creative	
WISHES ABOUT SCHOOL	
I would like to have more lessons in the subjects that I like	
I would like not to feel fear and discrimination at school	
I would like to have less compulsory homework after school activities	
I would like to have easier teaching materials	
I would like to have more attention to my individual needs	
I would like to choose the study subjects	
I would like to be with different students during the different classes (not always the same classmates)	
I would like that teachers would respect me more	
I would like that teachers would talk with me after the classes	
I would like that teachers would be more interested in my personality	
I would like that the learning process would be focused on the most important	
I would like that teachers would not write unjustified absents	
I would like that students would attend only the classes they find interesting	



I would like that teachers would be nicer, more easy-going	
I would like that teachers would be not so strict and around the rules only	
I would like that teachers would not have favourite students	
I would like that teachers would be try to motivate the students more	
I would like that teachers would be teach us how to memorize (learning techniques)	
WISHES ABOUT FUTURE	
I would like to have prosperous life (good job, high salary, home, family, social status).	
I would like that parents would stop drinking	
I would like more close contacts with parents	
I would like living in a more quiet place	
I would like to have homebased job	
I would like to have my own business	
I would like getting more self-confident	
COPING STRATEGIES, HELPING THOUGHTS AND ADVICE	
Competencies gained in school would help in career	
Competencies gained in school would guaranty the financial and social welfare	
At school, I prefer to do whatever I want and like to do (to play computer games, to play and chat with phones, to check FB and Instagram)	
It is important to involve parents in communication with children	
It is important to strengthen contacts with school social educator and school psychologist	



It is important to apply approach of individual learning strategies modifying and adapting school programs	
It is important to talk about worries with someone who can help and try to understand	
It is important to dare to ask teachers for help	
It is important to dare to slow down teachers talking too fast	
It is important to dare to ask parents for help at home	
It is important to dare to ask classmates for help	
It is important to talk to somebody where you can feel secure	
It is important to sit down and cram again	
It is important to ask parents and siblings for support to memorize	