

Views about school/college

Name: _____ Age ____ or Year Group: _____ Date: _____

How easy or difficult are the following situations for you? Please circle a number in the boxes from 0 to 4 on the scale.									
0		1		2		3		4	
very easy (no anxiety)		fairly easy (a little anxiety)		quite difficult (some anxiety)		difficult (more anxiety)		very difficult (high anxiety)	
				very easy	fairly easy	quite difficult	difficult	very difficult	
1	Getting up in the mornings				0	1	2	3	4
2	Getting dressed for school (into school uniform)				0	1	2	3	4
3	Getting organised for school (breakfast, bag etc.)				0	1	2	3	4
4	Leaving the house				0	1	2	3	4
5	Saying goodbye (to parent/carer/sibling)				0	1	2	3	4
6	Travelling to school (walk, bus, car, train)				0	1	2	3	4
7	Entering school				0	1	2	3	4
8	Registration/ Tutor				0	1	2	3	4
9	Sitting in a lesson next to a friend				0	1	2	3	4
10	Sitting in a lesson without a friend				0	1	2	3	4
11	Talking to teachers or other adults in the school				0	1	2	3	4
12	Answering a question from an adult				0	1	2	3	4
13	Joining in a class discussion (<i>giving your own opinion or ideas</i>)				0	1	2	3	4
14	Joining in circle time or activities where everyone has to speak in turn				0	1	2	3	4
15	Asking if you may go to the toilet				0	1	2	3	4
16	Using the toilet in school				0	1	2	3	4
17	Walking about in school/college with a friend				0	1	2	3	4

18	Walking about in school/college on your own	0	1	2	3	4
19	Giving a presentation to the class	0	1	2	3	4
20	Being with your friends at break times.	0	1	2	3	4
21	Talking with your friends	0	1	2	3	4

Thanks, if you feel ok, can you do some more?

		very easy	fairly easy	quite difficult	difficult	very difficult
22	Listening and keeping up with what to do	0	1	2	3	4
23	Putting your hand up to ask a question	0	1	2	3	4
24	Telling an adult that you have made a mistake	0	1	2	3	4
25	Working in a group	0	1	2	3	4
26	Keeping up with the others in a group	0	1	2	3	4
27	Asking for help if you are not sure what to do	0	1	2	3	4
28	Sorting out problems with friendships	0	1	2	3	4
29	Talking to an adult if you have a problem with peers	0	1	2	3	4
30	Eating or drinking anywhere in school	0	1	2	3	4
31	Eating in dining area/cafeteria	0	1	2	3	4
32	Telling an adult at school that you feel ill	0	1	2	3	4
33	Going to or being in the medical room	0	1	2	3	4
34	Doing a test in the classroom	0	1	2	3	4
35	Doing an exam	0	1	2	3	4

Thank you, your views are valued and important to help those supporting you to understand.