STRESS SELF-ASSESSMENT
Embracing Resilience in an 'At-Risk' World:
Recognizing Everyday Opportunities for Building a Rewarding School Experience

---

Instructions: Check the response that best fits your experience in your current school setting.

---

1) Good work performance by school staff is recognized.
   __ *strongly agree*   __ *agree*   __ *uncertain*   __ *disagree*   __ *strongly disagree*

2) I have no teacher/staff colleagues to whom I feel safe confiding.
   __ *strongly agree*   __ *agree*   __ *uncertain*   __ *disagree*   __ *strongly disagree*

3) Disciplinary policies are enforced fairly and consistently.
   __ *strongly agree*   __ *agree*   __ *uncertain*   __ *disagree*   __ *strongly disagree*

4) I am not trained to meet the diverse needs of today's students.
   __ *strongly agree*   __ *agree*   __ *uncertain*   __ *disagree*   __ *strongly disagree*

5) I do not feel safe on my campus.
   __ *strongly agree*   __ *agree*   __ *uncertain*   __ *disagree*   __ *strongly disagree*

6) I have the skills to handle almost any classroom behavior problem.
   __ *strongly agree*   __ *agree*   __ *uncertain*   __ *disagree*   __ *strongly disagree*

7) My input is considered when important decisions are made.
   __ *strongly agree*   __ *agree*   __ *uncertain*   __ *disagree*   __ *strongly disagree*

8) Our school has community support to address violence.
   __ *strongly agree*   __ *agree*   __ *uncertain*   __ *disagree*   __ *strongly disagree*

9) My supervisor encourages the staff to work as a team.
   __ *strongly agree*   __ *agree*   __ *uncertain*   __ *disagree*   __ *strongly disagree*

10) I feel that I have nowhere to turn when I have a problem at school.
    __ *strongly agree*   __ *agree*   __ *uncertain*   __ *disagree*   __ *strongly disagree*

Cont'd. from p. 1 - Instructions: Check the response that best fits your experience in your current school setting.

11) Because high-stakes test performance has become such a primary concern, support for staff to address student behavioral issues and related problems has been diminished.
___ *strongly agree* ___ *agree* ___ *uncertain* ___ *disagree* ___ *strongly disagree*

12) I would not know what to do if I were threatened by violence.
___ *strongly agree* ___ *agree* ___ *uncertain* ___ *disagree* ___ *strongly disagree*

13) Our school has clear expectations for student behavior.
___ *strongly agree* ___ *agree* ___ *uncertain* ___ *disagree* ___ *strongly disagree*

14) I know what my supervisor expects of me.
___ *strongly agree* ___ *agree* ___ *uncertain* ___ *disagree* ___ *strongly disagree*

15) My training has not prepared me for the challenges of teaching.
___ *strongly agree* ___ *agree* ___ *uncertain* ___ *disagree* ___ *strongly disagree*

16) Our school does not have violence prevention programs in place (e.g., anger management, peer mediation, conflict resolution).
___ *strongly agree* ___ *agree* ___ *uncertain* ___ *disagree* ___ *strongly disagree*

17) I have not been trained or supported in using high-stakes testing to enhance teaching.
___ *strongly agree* ___ *agree* ___ *uncertain* ___ *disagree* ___ *strongly disagree*

18) I feel like I am part of a team.
___ *strongly agree* ___ *agree* ___ *uncertain* ___ *disagree* ___ *strongly disagree*

19) My training has helped me obtain gratification from my work.
___ *strongly agree* ___ *agree* ___ *uncertain* ___ *disagree* ___ *strongly disagree*

20) The building/facilities at my school interfere with my ability to teach.
___ *strongly agree* ___ *agree* ___ *uncertain* ___ *disagree* ___ *strongly disagree*

STRESS SELF-ASSESSMENT
Embracing Resilience in an 'At-Risk' World:
Recognizing Everyday Opportunities for Building a Rewarding School Experience

-3-

Response		Points
strongly agree	=	5
agree	=	4
uncertain	=	3
disagree	=	2
strongly disagree	=	1

Step 1 - Add points for the following questions:		**Step 2 - Add points for the following questions:**	
Question #	Points	Question #	Points
#1	____	#2	____
#3	____	#4	____
#6	____	#5	____
#7	____	#10	____
#8	____	#11	____
#9	____	#12	____
#13	____	#15	____
#14	____	#16	____
#18	____	#17	____
#19	____	#20	____
TOTAL:	____	TOTAL:	____

Step 3 - Subtract Step 2 total points from Step 1 total points.

Step 1 Points: _____

Step 2 Points: -- _____

Final Overall Score: _____

Interpreting Your Final Overall Score
-40---0-------------------------------------+40
more prone   less prone
to stress   to stress
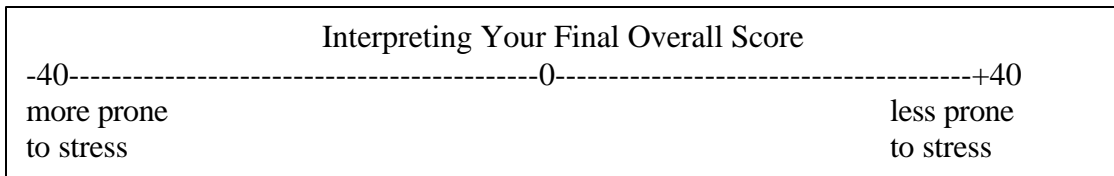
This stress self-assessment addresses only the following four top factors that contribute to resilience and/or stress::
- Feelings of connection/isolation and influence/powerlessness.
- Adequacy of training/skills.
- Campus administration/management issues.
- Safety concerns.

In addition, other stress and resilience factors can also influence your experience and/or perception of stress at school. To calculate your four, separate domain score results, go to page 4.

STRESS SELF-ASSESSMENT

Embracing Resilience in an 'At-Risk' World:
Recognizing Everyday Opportunities for Building a Rewarding School Experience
-4-

Scoring Results for the Four Separate Domains

- **Domain-1 Feelings of connection/isolation and influence/powerlessness**

Question #	Points		Question #	Points
#1	_____		#2	_____
#7	_____		#10	_____
#18	_____		Subtotal B:	_____
Subtotal A:	_____			

Subtotal A - Subtotal B = _____ - Domain-1 Score.

```
                    Score Interpretation for Domain-1
 [-7]----------------------------------------- [+3] ---------------------------------------------[+13]
  more prone                                                                          less prone
  to stress                                                                           to stress
```

- **Domain-2: Adequacy of training/skills.**

Question #	Points		Question #	Points
#6	_____		#4	_____
#19	_____		#15	_____
Subtotal A:	_____		#17	_____
			Subtotal B:	_____

Subtotal A - Subtotal B = _____ - Domain-2 Score

```
                    Score Interpretation for Domain-2
 [-13]----------------------------------------- [-3] ---------------------------------------------[+7]
  more prone                                                                          less prone
  to stress                                                                           to stress
```

- **Domain-3: Campus administration/management issues.**

Question #	Points		Question #	Points
#3	_____		#11	_____
#9	_____		#20	_____
#14	_____		Subtotal B:	_____
Subtotal A:	_____			

Subtotal A - Subtotal B = _____ - Domain-3 Score.

```
                    Score Interpretation for Domain-3
 [-7]----------------------------------------- [+3] ---------------------------------------------[+13]
  more prone                                                                          less prone
  to stress                                                                           to stress
```

- **Domain-4: Safety concerns.**

Question #	Points		Question #	Points
#8	_____		#5	_____
#13	_____		#12	_____
Subtotal A:	_____		#16	_____
			Subtotal B:	_____

Subtotal A - Subtotal B = _____ - Domain-4 Score

```
                    Score Interprestation for Domain-4
 [-13]----------------------------------------- [-3] ---------------------------------------------[+7]
  more prone                                                                          less prone
  to stress                                                                           to stress
```