

Students' Life Satisfaction Scale

We would like to know what thoughts about life you've had during the past several weeks. Think about how you spend each day and night and then think about how your life has been during most of this time. Here are some questions that ask you to indicate your satisfaction with life. In answering each statement, circle a number from (1) to (6) where (1) indicates you **strongly disagree** with the statement and (6) indicates you **strongly agree** with the statement.

RS
RS

	Strongly Disagree	Mostly Disagree	Mildly Disagree	Mildly Agree	Mostly Agree	Strongly Agree
1. My life is going well	1	2	3	4	5	6
2. My life is just right	1	2	3	4	5	6
3. I would like to change many things in my life	1	2	3	4	5	6
4. I wish I had a different kind of life	1	2	3	4	5	6
5. I have a good life	1	2	3	4	5	6
6. I have what I want in life	1	2	3	4	5	6
7. My life is better than most kids'	1	2	3	4	5	6

SLSS

We would like to know what thoughts about life you've had during the past several weeks. Think about how you spend each day and night and then think about how your life has been during most of this time. Here are some questions that ask you to indicate your satisfaction with life. In answering each statement, circle a number from (1) to (6) where (1) indicates you **strongly disagree** with the statement and (6) indicates you **strongly agree** with the statement.

	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree
1. My life is going well	1	2	3	4	5	6
2. My life is just right	1	2	3	4	5	6
3. I would like to change many things in my life	1	2	3	4	5	6
4. I wish I had a different kind of life	1	2	3	4	5	6
5. I have a good life	1	2	3	4	5	6
6. I have what I want in life	1	2	3	4	5	6
7. My life is better than most kids'	1	2	3	4	5	6

MULTIDIMENSIONAL STUDENTS' LIFE SATISFACTION SCALE (MSLSS)

We would like to know what thoughts about life you've had during the past several weeks. Think about how you spend each day and night and then think about how your life has been during most of this time. Here are some questions that ask you to indicate your satisfaction with life. In answering each statement, circle a number from (1) to (6) where (1) indicates you **strongly disagree** with the statement and (6) indicates you **strongly agree** with the statement. It is important to know what you REALLY think, so please answer the question the way you really feel, not how you think you should. This is NOT a test. There are NO right or wrong answers.

	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree
1. My life is going well (<i>global</i>)	1	2	3	4	5	6
2. My friends are nice to me (<i>friends</i>)	1	2	3	4	5	6
3. I am fun to be around (<i>self</i>)	1	2	3	4	5	6
RS 4. I feel bad at school (<i>school</i>)	1	2	3	4	5	6
RS 5. I have a bad time with my friends (<i>friends</i>)	1	2	3	4	5	6
6. There are lots of things I can do well (<i>self</i>)	1	2	3	4	5	6
7. I learn a lot at school (<i>school</i>)	1	2	3	4	5	6
8. I like spending time with my parents (<i>family</i>)	1	2	3	4	5	6
9. My life is just right (<i>global</i>)	1	2	3	4	5	6
10. My family is better than most (<i>family</i>)	1	2	3	4	5	6
RS 11. There are many things about school I don't like (<i>school</i>)	1	2	3	4	5	6
12. I think I am good looking (<i>self</i>)	1	2	3	4	5	6
13. My friends are great (<i>friends</i>)	1	2	3	4	5	6
14. My friends will help me if I need it (<i>friends</i>)	1	2	3	4	5	6
RS 15. I wish I didn't have to go to school (<i>school</i>)	1	2	3	4	5	6
16. I like myself (<i>self</i>)	1	2	3	4	5	6
RS 17. I would like to change many things in my life (<i>global</i>)	1	2	3	4	5	6
18. There are lots of fun things to do where I live (<i>living</i>)	1	2	3	4	5	6
19. My friends treat me well (<i>friends</i>)	1	2	3	4	5	6
20. Most people like me (<i>self</i>)	1	2	3	4	5	6
21. I enjoy being at home with my family (<i>family</i>)	1	2	3	4	5	6

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MSLSS

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	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree
1. My life is going well	1	2	3	4	5	6
2. My friends are nice to me	1	2	3	4	5	6
3. I am fun to be around	1	2	3	4	5	6
4. I feel bad at school	1	2	3	4	5	6
5. I have a bad time with my friends	1	2	3	4	5	6
6. There are lots of things I can do well	1	2	3	4	5	6
7. I learn a lot at school	1	2	3	4	5	6
8. I like spending time with my parents	1	2	3	4	5	6
9. My life is just right	1	2	3	4	5	6
10. My family is better than most	1	2	3	4	5	6
11. There are many things about school I don't like	1	2	3	4	5	6
12. I think I am good looking	1	2	3	4	5	6
13. My friends are great	1	2	3	4	5	6
14. My friends will help me if I need it	1	2	3	4	5	6
15. I wish I didn't have to go to school	1	2	3	4	5	6
16. I like myself	1	2	3	4	5	6
17. I would like to change many things in my life	1	2	3	4	5	6
18. There are lots of fun things to do where I live	1	2	3	4	5	6
19. My friends treat me well	1	2	3	4	5	6
20. Most people like me	1	2	3	4	5	6
21. I enjoy being at home with my family	1	2	3	4	5	6

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MSLSS, cont'd

	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree
22. My family gets along well together	1	2	3	4	5	6
23. I look forward to going to school	1	2	3	4	5	6
24. My parents treat me fairly	1	2	3	4	5	6
25. I wish I had a different kind of life	1	2	3	4	5	6
26. I like being in school	1	2	3	4	5	6
27. My friends are mean to me	1	2	3	4	5	6
28. I wish I had different friends	1	2	3	4	5	6
29. School is interesting	1	2	3	4	5	6
30. I enjoy school activities	1	2	3	4	5	6
31. I wish I lived in a different house	1	2	3	4	5	6
32. Members of my family talk nicely to one another	1	2	3	4	5	6
33. I have a good life	1	2	3	4	5	6
34. I have a lot of fun with my friends	1	2	3	4	5	6
35. My parents and I do fun things together	1	2	3	4	5	6
36. I like my neighborhood	1	2	3	4	5	6
37. I wish I lived somewhere else	1	2	3	4	5	6
38. I am a nice person	1	2	3	4	5	6
39. This town is filled with mean people	1	2	3	4	5	6
40. I like to try new things	1	2	3	4	5	6
41. I have what I want in life	1	2	3	4	5	6
42. My family's house is nice	1	2	3	4	5	6
43. I like my neighbors	1	2	3	4	5	6
44. I have enough friends	1	2	3	4	5	6
45. I wish there were different people in my neighborhood	1	2	3	4	5	6
46. I like where I live	1	2	3	4	5	6
47. My life is better than most kids'	1	2	3	4	5	6

Brief Multidimensional Students' Life Satisfaction Scale (BMSLSS)

Instructions: We would like to know what thoughts about life you've had during the past several weeks. Think about how you spend each day and night and then think about how your life has been during most of this time. Here are some questions that ask you to indicate your satisfaction with life. In answering each statement, circle a number from (1) to (7) where (1) indicates you feel terrible about that area of life and (7) indicates you are delighted with that area of life.

	Terrible	Unhappy	Mostly Dissatisfied	Mixed (About Equally Satisfied and Dissatisfied)	Mostly Satisfied	Pleased	Delighted
1. I would describe my satisfaction with my family life as:	1	2	3	4	5	6	7
2. I would describe my satisfaction with my friendships as:	1	2	3	4	5	6	7
3. I would describe my satisfaction with my school experience as:	1	2	3	4	5	6	7
4. I would describe my satisfaction with myself as:	1	2	3	4	5	6	7
5. I would describe my satisfaction with where I live as:	1	2	3	4	5	6	7
6. I would describe my satisfaction with my whole life as:	1	2	3	4	5	6	7

BMSLSS

Instructions: We would like to know what thoughts about life you've had during the past several weeks. Think about how you spend each day and night and then think about how your life has been during most of this time. Here are some questions that ask you to indicate your satisfaction with life. In answering each statement, circle a number from (1) to (7) where (1) indicates you feel terrible about that area of life and (7) indicates you are delighted with that area of life.

	Terrible	Unhappy	Mostly Dissatisfied	Mixed (About Equally Satisfied and Dissatisfied)	Mostly Satisfied	Pleased	Delighted
1. I would describe my satisfaction with my family life as:	1	2	3	4	5	6	7
2. I would describe my satisfaction with my friendships as:	1	2	3	4	5	6	7
3. I would describe my satisfaction with my school experience as:	1	2	3	4	5	6	7
4. I would describe my satisfaction with myself as:	1	2	3	4	5	6	7
5. I would describe my satisfaction with where I live as:	1	2	3	4	5	6	7
6. I would describe my satisfaction with my whole life as:	1	2	3	4	5	6	7

Children's Hope Scale (CHS)

The 6 sentences below describe how children think about themselves and how they do things in general. For each sentence, please think about how you are in most situations. Circle the number that describes you best. For example, circle 1 if it describes you "none of the time." Or, if you are this way "all of the time," circle 6.

	None of the Time	A Little of the Time	Some of the Time	A Lot of the Time	Most of the Time	All of the Time
1. I think I am doing pretty well. <i>(agency)</i>	1	2	3	4	5	6
2. I can think of many ways to get the things in life that are most important to me. <i>(pathway)</i>	1	2	3	4	5	6
3. I am doing just as well as other kids my age. <i>(agency)</i>	1	2	3	4	5	6
4. When I have a problem, I can come up with lots of ways to solve it. <i>(pathway)</i>	1	2	3	4	5	6
5. I think the things I have done in the past will help me in the future. <i>(agency)</i>	1	2	3	4	5	6
6. Even when others want to quit, I know that I can find ways to solve the problem. <i>(pathway)</i>	1	2	3	4	5	6

CHS

The 6 sentences below describe how children think about themselves and how they do things in general. For each sentence, please think about how you are in most situations. Circle the number that describes you best. For example, circle 1 if it describes you "none of the time." Or, if you are this way "all of the time," circle 6.

	None of the Time	A Little of the Time	Some of the Time	A Lot of the Time	Most of the Time	All of the Time
1. I think I am doing pretty well.	1	2	3	4	5	6
2. I can think of many ways to get the things in life that are most important to me.	1	2	3	4	5	6
3. I am doing just as well as other kids my age.	1	2	3	4	5	6
4. When I have a problem, I can come up with lots of ways to solve it.	1	2	3	4	5	6
5. I think the things I have done in the past will help me in the future.	1	2	3	4	5	6
6. Even when others want to quit, I know that I can find ways to solve the problem.	1	2	3	4	5	6

GQ-6

Circle a number from (1) to (7) where (1) indicates you **strongly disagree** with the statement and (7) indicates you **strongly agree** with the statement. It is important to know what you REALLY think, so please answer the question the way you really feel, not how you think you should.

RS

RS

	Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree
1. I have so much in life to be thankful for	1	2	3	4	5	6	7
2. If I had to list everything that I felt thankful for, it would be a very long list	1	2	3	4	5	6	7
3. When I look at the world, I don't see much to be thankful for	1	2	3	4	5	6	7
4. I am thankful to a wide variety of people	1	2	3	4	5	6	7
5. As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history	1	2	3	4	5	6	7
6. Long amounts of time can go by before I feel thankful to something or someone	1	2	3	4	5	6	7

GQ-6

Circle a number from (1) to (7) where (1) indicates you **strongly disagree** with the statement and (7) indicates you **strongly agree** with the statement. It is important to know what you REALLY think, so please answer the question the way you really feel, not how you think you should.

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5. As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history	1	2	3	4	5	6	7
6. Long amounts of time can go by before I feel thankful to something or someone	1	2	3	4	5	6	7