

Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Date: \_\_\_\_\_  
Grade: \_\_\_\_\_ Advisory Teacher: \_\_\_\_\_ Pod: \_\_\_\_\_

DIRECTIONS: Read the following list and draw a circle around the number of each problem that troubles you.

- |  |   |
|--|---|
| 1. Afraid of tests.                            | 34. Upset about someone's death.                    |
| 2. Being a grade behind in school.             | 35. Trouble relating to boys/girls.                 |
| 3. Being afraid of making mistakes.            | 36. Being Stubborn.                                 |
| 4. Trouble in math.                            | 37. Hard to stop bad habits.                        |
| 5. Trouble in spelling or grammar.             | 38. Not controlling my temper.                      |
| 6. Trouble with reading.                       | 39. Having bad nightmares, trouble sleeping.        |
| 7. Trouble in writing.                         | 40. Bashful, shy.                                   |
| 8. Trouble in science.                         | 41. Don't know how to make friends.                 |
| 9. Trouble in social studies.                  | 42. Being left out of things.                       |
| 10. Poor memory.                               | 43. Never chosen as a leader.                       |
| 11. Afraid to speak up in class.               | 44. Being teased.                                   |
| 12. Underweight.                               | 45. Upset about moving.                             |
| 13. Overweight.                                | 46. Not getting along with a brother.               |
| 14. Too clumsy and awkward.                    | 47. Not getting along with a sister.                |
| 15. Having poor posture.                       | 48. Arguing with my parents.                        |
| 16. Too short for my age.                      | 49. Having no regular allowance.                    |
| 17. Too tall for my age.                       | 50. Not feeling loved.                              |
| 18. Can't hear well.                           | 51. Not allowed to run around with the kids I like. |
| 19. Getting tired easily.                      | 52. Five things I like about myself are:            |
| 20. Don't have much fun.                       | A. _____  |
| 21. Scared a lot of the time.                  | _____   |
| 22. Don't know what to do when I'm mad.        | B. _____  |
| 23. Don't know what to do when I'm sad.        | _____   |
| 24. Don't know what to do when I'm scared.     | C. _____  |
| 25. Being nervous, worrying.                   | _____   |
| 26. Feelings hurt too easily.                  | _____   |
| 27. Hurting other people's feelings.           | D. _____  |
| 28. Feeling no one cares about me.             | _____   |
| 29. Sometimes wishing I were dead.             | E. _____  |
| 30. Finding it hard to talk about my troubles. | _____   |
| 31. Afraid to try new things by myself.        | _____   |
| 32. Hard to give compliments to others.        | _____   |

DIRECTIONS: Write "yes" or "no" in each space.

- \_\_\_\_ 54. I would like to talk individually with the counselor.  
\_\_\_\_ 55. I would like to be in a counseling group to solve some problems I have.