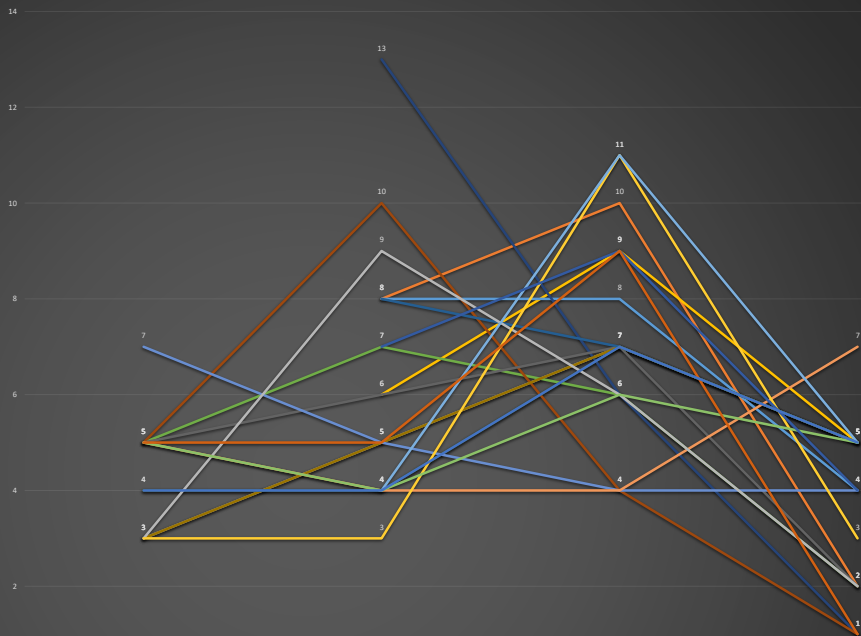


Pre Survey Results



	Very Difficult	Difficult	Easy	Very Easy
Knowing what people may be feeling by the look on their face	5	10	9	5
Knowing the emotions I feel	3	9	10	2
Noticing what my body does when I am nervous	5	6	9	5
Knowing what my strengths are	4	8	8	4
Getting through something even when I feel frustrated	5	7	6	2
Being patient even when I am really excited	5	13	6	1
Staying calm when I feel stressed	5	10	4	1
Reaching goals that I set for myself	5	6	7	2
Thinking through the steps it will take to reach my goal	3	5	7	5
Thinking about what might happen before making a decision	7	8	7	5
Thinking of different ways to solve a problem	4	4	7	5
Demonstrating empathy	7	5	4	4
Demonstrating self-discipline and self-control	5	4	4	7
Identifying long- and short-term academic, career, and social/emotional goals	3	9	6	2
Demonstrating effective coping skills when faced with a problem	3	3	11	3
Demonstrating critical thinking skills to make informed decisions	4	4	11	5
Demonstrating creativity	5	4	6	5
Demonstrating ability to manage transitions and ability to adapt to changing situations and responsibilities	4	7	9	4
Use of effective oral and written communication skills and listening skills	5	5	9	1
Demonstrating social maturity and behaviors appropriate to the situation and environment	4	4	7	5