

Lesson 1: Goal Getters Pre-test

10/1/2024

Name: _____

1. What is a goal?
 - A) Something you want to achieve
 - B) Something you do for fun
 - C) A reward you give to yourself
 - D) A plan you make with your friends
2. Why is it important to set a goal?
 - A) To have more fun
 - B) To get a reward
 - C) To help you focus and improve
 - D) To win a competition
3. Which of the following is NOT part of a SMART goal?
 - A) Measurable
 - B) Achievable
 - C) Time-bound
 - D) Fun

Lesson 1: Goal Getters Post-test

10/1/2024

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 - B) Achievable
 - C) Time-bound
 - D) Fun

Lesson 2: Time Management & Organization: Stay on Track!
PRE-test

Name: _____

4. Why are time management and organization important?
 - a) They help you avoid your work.
 - b) They make everything more fun.
 - c) They allow you to skip your homework and other tasks.
 - d) They help you stay on track and complete your tasks.
5. What can happen if you **don't** manage your time well?
 - a) Nothing!
 - b) I can negatively impact myself and others.
 - c) You might finish everything early.
 - d) You won't miss anything.
6. What should you do if you have a lot of tasks to complete?
 - a) Do one and forget the rest.
 - b) Only do the ones you like.
 - c) Break them down into smaller steps.
 - d) Don't do any of them.

Lesson 2: Time Management & Organization: Stay on Track!
POST-test

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Lesson 3: Focus and Self-Regulation
PRE-test

Name: _____

7. Which is a good way to bring back your focus if you're feeling distracted in class?
 - a) Ask for extra homework.
 - b) Use the 5-4-3-2-1 exercise
 - c) Close your eyes and fall asleep
 - d) Get up and walk around the room
8. What is mindfulness?
 - a) Paying attention on purpose
 - b) Making a plan for later
 - c) Ignoring your surroundings
 - d) Thinking about what makes you happy
9. Which are ways to manage distractions?
 - a) 5-4-3-2-1 exercise
 - b) Balloon breathing
 - c) Use a focus tool (timer, headphones, breathing ball)
 - d) All of them

Lesson 3: Focus and Self-Regulation
POST-test

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 - c) Use a focus tool (timer, headphones, breathing ball)
 - d) All of them

Lesson 4: Positive Decision Making
PRE-test

Name: _____

10. What is the first step in making a positive decision?
 - a) Decide quickly so you don't waste your time.
 - b) Identify the decision/choice you have to make.
 - c) Pick the option that you think is the easiest.
 - d) Ask someone else to make the choice for you.

11. Why is it important to think about what might happen before you make a choice?
 - a) To avoid choosing a decision at all.
 - b) To make sure the choice is safe and respectful.
 - c) To impress others.
 - d) To make the choice as fast as possible.

12. Which of the follow is a positive decision?
 - a) Taking something without asking because you need it.
 - b) Sharing the answers to your homework to help a friend.
 - c) Returning a lost item to a teacher.
 - d) Ignoring someone who is asking for help.

Lesson 4: Positive Decision Making
POST-test

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 - c) Returning a lost item to a teacher.
 - d) Ignoring someone who is asking for help.

Lesson 5: Calm & Collected: Coping Skills
PRE-test

Name: _____

13. What is a coping skill?
 - a) Something you use to make you feel more tired.
 - b) A way to make other people do what you want.
 - c) Something you can do to help feel better when you're upset or frustrated
 - d) A tool used to help build things, like a hammer or a wrench.
14. There are both positive and negative coping skills.
 - a) True
 - b) False
15. Which is true about coping skills?
 - a) Coping skills only work if everyone uses the same ones.
 - b) Different coping skills will work for different people
 - c) Only 5 coping skills exist.
 - d) Coping skills can only be used at school.

Lesson 5: Calm & Collected: Coping Skills
POST-test

Name: _____

1. What is a coping skill?
 - a) Something you use to make you feel more tired.
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Lesson 6: Present and Powerful: The Strength of Showing Up!

PRE-test

Name: _____

1. Why is attendance at school important?
 - a) Coming to school allows you to be present for important lessons and assignments.
 - b) Good attendance teaches you good habits for your future school and professional career.
 - c) Good attendance helps you build friendships and work well with others.
 - d) All of the above.
2. Which can happen if you miss school often?
 - a) Nothing.
 - b) You fall behind and miss assignments.
 - c) You might have difficulty understanding class material.
 - d) Both B and C
3. How does showing up help you succeed?
 - a) You get to be part of the team and learn with others.
 - b) You don't have to do any work.
 - c) You can ignore your responsibilities.
 - d) You can skip learning new things.

Lesson 6: Present and Powerful: The Strength of Showing Up!

POST-test

Name: _____

1. Why is attendance at school important?
 - a) Coming to school allows you to be present for important lessons and assignments.
 - b) Good attendance teaches you good habits for your future school and professional career.
 - c) Good attendance helps you build friendships and work well with others.
 - d) All of the above.
4. Which can happen if you miss school often?
 - a) Nothing.
 - b) You fall behind and miss assignments.
 - c) You might have difficulty understanding class material.
 - d) Both B and C
5. How does showing up help you succeed?
 - a) You get to be part of the team and learn with others.
 - b) You don't have to do any work.
 - c) You can ignore your responsibilities.
 - d) You can skip learning new things.

Pre-/Post-Test Data Collection & Comparison (Psychoeducational Group)

Lesson 1

Student	Pre-Test Score	Post-Test Score	Improvement?
A	0/3	1/3	Yes
B	2/3	3/3	Yes
C	1/3	2/3	Yes
D	3/3	3/3	No (100% both times)
E	3/3	3/3	No (100% both times)
F	1/3	1/3	No
G	N/A (absent)	N/A (absent)	N/A (absent)

Lesson 2

Student	Pre-Test Score	Post-Test Score	Improvement?
A	0/3	2/3	Yes
B	2/3	2/3	No
C	2/3	2/3	No
D	3/3	3/3	No (100% both times)
E	2/3	3/3	Yes
F	3/3	2/3	No
G	3/3	2/3	No

Lesson 3

Student	Pre-Test Score	Post-Test Score	Improvement?
A	1/3	1/3	No
B	2/3	1/3	No
C	1/3	3/3	Yes
D	2/3	3/3	Yes
E	2/3	1/3	No
F	1/3	2/3	Yes
G	1/3	3/3	Yes

Lesson 4

Student	Pre-Test Score	Post-Test Score	Improvement?
A	2/3	2/3	No
B	2/3	3/3	Yes
C	1/3	1/3	No
D	1/3	3/3	Yes
E	2/3	2/3	No
F	0/3	2/3	Yes
G	1/3	2/3	Yes

Lesson 5

Student	Pre-Test Score	Post-Test Score	Improvement?
A	0/3	2/3	Yes
B	2/3	2/3	No
C	3/3	3/3	No (100% both times)
D	3/3	3/3	No (100% both times)
E	3/3	3/3	No (100% both times)
F	1/3	3/3	Yes
G	2/3	3/3	Yes

Lesson 6

Student	Pre-Test Score	Post-Test Score	Improvement?
Martin	2/3	1/3	No
Alvis	2/3	1/3	No
Noah	1/3	2/3	Yes
Sebastian	2/3	2/3	No
Dietrich	1/3	1/3	No
Samantha	1/3	3/3	Yes
Hazen	2/3	3/3	Yes

Name: _____

Date: _____

Brain Boosters: Student Success Squad Survey

Read each statement. Color in the smiley face that matches how you feel about each statement. There is no right or wrong answer, so please be honest. I want to know how you're feeling right now!



completely
disagree



somewhat
disagree



in the middle



somewhat
agree



completely
agree

1. I know how to set goals, and I can achieve (reach) them.



2. I have good time-management, organizational, and study skills.



3. I have a positive attitude toward work and learning.



4. It is easy for me to focus and control my behavior.



5. I know I can make good decisions.



6. I know my strengths and I can use them to study.



7. I feel I can overcome hard times and challenges.



Kindergarten Pre- and Post-Lesson Survey

Name: _____

Date: _____

1. I can name different feelings.

YES 😊

NO 😞

2. I know what to do when I feel mad or sad.

YES 😊

NO 😞

3. I know how to be a good friend.

YES 😊

NO 😞

4. I can take deep breaths to help me calm down.

YES 😊

NO 😞

5. I can work together with others in a group.

YES 😊

NO 😞

6. If I have a problem with a friend, I know how to solve it.

YES 😊

NO 😞

7. I know who to ask for help when I have big feelings.

YES 😊

NO 😞

8. I know how to use kind words.

YES 😊

NO 😞