

**1**

**True or False:**

**You can talk to your school counselor about BIG problems and small problems?**

- A) True**
- B) False**

**2**

**True or False:**

**Whatever the problem, your school counselor can tell you exactly what to do.**

- A) True**
- B) False**

**3**

**Multiple Choice:**

**Confidentiality means...**

- A) You can be confident that I will listen to you**
- B) Everything we talk about stays between us unless you are in danger or someone else is in danger**

**4**

**True or False:**

**Your school counselor will keep anything you tell her 100% private.**

- A) True**
- B) False**

**5**

**True or False:**

**Your counselor tells your parents or teachers everything you have shared with her.**

- A) True**
- B) False**

**6**

**Multiple Choice:**

**The best time to talk to your school counselor is...**

- A) During lunch or recess**
- B) During class**
- C) Between classes**

**7**

**Question:**

**What is a problem you might experience at school that your school counselor could help you with?**

**8**

**Question:**

**Who are some other people you can talk to if you are having a problem?**

**9**

**True or False:**

**I will keep it a secret if someone is hurting you, you are hurting yourself, or you are hurting someone else.**

- A) True**
- B) False**

**10**

**Agree or Disagree:**

**Sometimes it is hard to talk to the school counselor because you don't want your friends to know.**

- A) Agree**
- B) Disagree**

**11**

**Finish the sentence:**

**One thing I want my school counselor to know about me is.....**

**12**

**Multiple Choice:**

**I want my school counselor to do a lesson on .....**

- A) Conflict Resolution**
- B) Feeling anxious/nervous**
- C) How to make healthy choices**

**13**

**Multiple Choice:**

**A school counselor is someone who...**

- A) helps you and supports you when you are happy, sad, or frustrated**
- B) you come visit when you are in trouble**

**14**

**Agree or Disagree:**

**It is hard to confront my friends if I am upset/angry with them.**

- A) Agree**
- B) Disagree**

**15**

**Finish the sentence:**

**My favorite thing about school is....**

**16**

**Question:**

**What is one of your strengths and/or something you are really good at?**

**17**

**Finish the sentence:**

**A goal I have this year is to....**

**18**

**Multiple Choice:**

**Something I want to know about my counselor is...**

- A) The strangest thing she has ever eaten**
- B) The most adventurous thing she has ever done**
- C) Why she is a school counselor?**

**19**

**Question:**

**What is something that makes you feel frustrated?**

**20**

**Multiple Choice:**

**Mindfulness is...**

- A) Being very calm**
- B) Mindfulness is taking notice of how your body feels and what your mind is doing in the moment.**

**21**

**Multiple Choice:**

**What does it mean to have a growth mindset?**

- A) When someone believes that they can learn, change, and develop skills.**
- B) When someone believes that they only have certain abilities and cannot change them.**

**22**

**Finish the sentence:**

**My least favorite thing about school is...**

**23**

**True or False:**

**The only time you'll work with your school counselor is if you have a problem**

- A) True**
- B) False**

**24**

**Multiple Choice:**

**If you want to make an appointment with the counselor you can...**

- A) Tell your teacher/counselor**
- B) Leave the counselor a note**
- C) Both A and B**

**25**

**Agree or Disagree:**

**It easy for me to talk about my feelings.**

- A) Agree**
- B) Disagree**