

Read the statements about your behavior and, using the response scale shown below, mark the circle that best describes how often you engaged in the behavior during the past six months or so.

There are no right or wrong answers. Please do not skip any items.

- How old are you? [1 = 9 or less, 2 = 10-12, 3 = 13-15, 4 = 16 or more]
- How many hours do you attend this program in a typical week? [1 = 1 or less, 2 = 2-3, 3 = 4-5, 4 = 6 or more]

Response Scale:

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Never	Rarely	Sometimes	Often	Always

<b>Positive Schemas</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	<i>Never</i>				<i>Always</i>
1. How often did you take the initiative (e.g., volunteer for a challenging task; quick to raise hand in response to a question put the group)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. How often did you persevere during a challenging situation (e.g., pushed through, even though you didn't feel like it)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. How often did you respond constructively when frustrated (e.g., didn't blame others or give up; thought about it and tried again or sought help)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. How often were you 'comfortable in your own skin' (e.g., secure, calm, confident, efficacious)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Negative Schemas</b>					
5. How often did you withdraw from participation in a social activity (e.g., stopped playing a game before it was finished; stopped talking or left an online meeting of friends)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. How often did you get frustrated easily (e.g., challenging tasks, minor set-backs, disagreements, or critical feedback caused more frustration than you thought it should)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. How often did you engage in disruptive behavior (e.g., interrupted someone when they were talking, or did something distracting when others were trying to complete a task)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. How often were you 'uncomfortable in your own skin' (e.g., anxious, shy, confused, aggressive)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. How often did you react to something (like a thought that came to mind or something you saw or heard) without first thinking for a while about the possible consequences of your reaction (e.g., acted impulsively instead of first thinking for a while about the consequences of the action)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Awareness</b>					
10. How often did you stay focused and on-task despite distractions?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. How often did you manage your time (e.g., by prioritizing steps in a process, moving on when a step may not have been completed perfectly but was good enough, or staying on schedule)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. How often did you have trouble shifting gears from one task to another (e.g., kept reading or watching something even though it made you late for something else)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

13. How often did you have trouble concentrating?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. How often did you analyze the nature of a problem before starting to solve it (e.g., gathered all of the information you could before trying to find a solution)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. How often did you evaluate alternative plans for reaching a goal (e.g., develop alternative plans, or a plan-B, in case the first plan didn't work out)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. How often did you engage in meditation, focused breathing, guided imagery, etc. (e.g. meditating every day, which would mean "always")?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## AROS 1.0 Supplemental Scales

The following scales (i.e., Emotion Knowledge; Diversity, Equity, & Inclusion) are optional but can be used to assess youth behaviors that are associated with some relatively important beliefs about the self and world.

### Emotion Knowledge

1. How often did you accurately name personal feelings (e.g., "I was angry," "that made me happy," or "I'd be surprised if...")?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. How often did you describe feelings using more than simple words like happy or sad (e.g., embarrassed, exuberant, ashamed)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. How often did you accurately name <i>other</i> people's feelings (e.g., "she was happy" or "he looked frustrated")?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. How often did you describe the reason for your feelings (e.g., "I got into a fight with my mom," "he called me names," or "that problem was annoying")?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. How often did you effectively express your emotions to others (e.g., put their feelings into words; used phrases like "I felt..." instead of "you're wrong")?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. How often did you identify the relation between the feelings of one person and the feelings of another (e.g., "she's sad because her mom is sick")?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. How often did you identify the relation between situations and emotions (e.g., described how your friends would feel if their event was canceled)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Diversity, Equity, & Inclusion

1. How often did you challenge or correct other people's bias or use of intolerant language (e.g., "that didn't seem very nice" or "that sounds racist")?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. How often were you tolerant, accepting, or appreciative of other people's physical, social, or cultural characteristics that were different from yours?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. How often did you stand up for other people when they were teased, insulted, or marginalized?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. How often did you engage in active role-taking (e.g., imagined how you would feel or think about things if you were in someone else's situation)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. How often did you verbally acknowledge how someone else's feelings or opinions differed from your own (e.g., say something like, "that's an interesting way to look at it" or "I wouldn't have thought of that, but I get how you feel")?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. How often did you modify your behavior to acknowledge the value of someone else's ideas (e.g., went along with a plan, even though you didn't agree with it)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. How often did you demonstrate an understanding of the value of a diverse community (e.g., acknowledge how people with different strengths and weaknesses can work together to achieve a goal)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>