

TRANSITION TO SECONDARY SCHOOL AND RESILIENCY SKILLS QUOTIENT QUESTIONNAIRE

Instruction:

The following is a scale that attempts to measure 10 Challenges faced in Secondary School like Learning Time Management, Learning to Obey Instructions, Handling Failure, Coping with Starting Over, Coping with Homesickness, Managing Puberty, Age-Appropriate Sex Education, Facing the Fear of Mathematics, and Coping with Increased Workload. These are in four key Categories (Time Management and Discipline, Emotional and Social Resilience, Personal Development & Puberty, and Academic Skills and Challenges)

You are requested to read each question carefully and give your response by putting a tick (✓) mark only on an option which you find that is most appropriate and true in your case. There is no right /wrong answer and your responses will be used for research purposes only and the responses will be always kept confidential.

DEMOGRAPHICS

Name of Student: _____

Email of Student: _____ **Name of Organization:** _____

Class of Student: _____ **Arm:** _____

Age: 12 - 14 15 - 16 17 - 19 **Gender:** Male Female

PART 1: ACADEMIC FRUSTRATIONS QUOTIENT (AFQ)

S/N	Scenario: Kindly rate actions on a Scale of 1 – 5. 1 = Strongly Disagree; 2 = Disagree; 3 = Neutral; 4 = Agree; 5 = Strongly Agree	1	2	3	4	5
1	I make a plan or schedule for my daily activities.					
2	I finish my assignments before the deadline.					
3	I manage my time well between studying and playing.					
4	I follow my teacher's instructions without being reminded.					
5	I pay attention when my parents or teachers give instructions.					
6	I remember and complete tasks as instructed.					
7	I feel okay when I fail at something I worked hard for.					
8	I try again after failing to achieve something.					
9	I learn from my mistakes and improve.					
10	I try different approaches when things don't go as planned.					
11	I feel okay about starting all over again when necessary.					
12	I am willing to try again after failing or making mistakes.					
13	I feel comfortable staying away from home for a few days.					
14	I talk to someone when I feel homesick.					
15	I know how to deal with missing my family when I am away from home.					
16	I tell an adult when someone bullies me.					
17	I feel confident in handling situations where someone is mean to me.					
18	I react calmly when someone tries to hurt or bully me.					
19	I feel comfortable asking questions about changes in my body (puberty).					
20	I understand why my body changes as I grow older.					
21	I talk to trusted adults about the changes happening in my body.					
22	I understand the importance of setting boundaries in friendships.					
23	I know what types of relationships are appropriate at my age.					
24	I ask a trusted adult if I have questions about relationships.					
25	I feel confident when solving difficult math problems.					
26	I practice math regularly, even if I find it challenging.					
27	I stay calm when I don't understand a math lesson.					
28	I manage my schoolwork well when there is a lot to do.					
29	I complete my homework even when I feel overwhelmed by assignments.					
30	I organize my study materials and track my assignments.					