

1. "I've been in school for 9 years, and I have never dealt with a teacher like this. Mr. Englund hates me and nothing I do seems right"
2. "My parents have to come up to school to talk with my teachers a lot. I probably get sent to the office three times a week but it's never my fault. It's normally for something stupid like talking to my friends in class."
3. "If I don't get more help in reading, I am seriously considering giving up. I just can't do this by myself. It isn't fair."
4. "I made good grades in elementary school, but now things are different. I have 8 different teachers and they expect so much and assign way too much homework. Don't we do enough work at school? I don't see why we need six hours of homework every night."

1. "Every time the teacher walks by my desk, I just feel my muscles tense up. Even when she doesn't say anything, I can just tell she is judging what I'm doing. It's wearing me down."

2. "My mom gets mad at for staying up late night, arguing with my brother, and getting in trouble at school. My teacher gets mad me for not turning in my homework and sleeping in class."

3. "One of the things I've always wanted to do, but never had the time or the energy to do, is to learn an instrument. I love listening to music and it would be so cool to play guitar or something..."

***This handout is based on a handout from Lee & Frey (2014)