



# SELF-ESTEEM SCREENER

## SCORING GUIDE

STUDENT ID#: \_\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ Date: \_\_\_\_\_

\*If applicable, please assign an ID number for each student for confidentiality

Please assign the numerical value listed beside each response; please note that #6 has scoring that is opposite from the other numbers.

	1. All	2. Most	3. Sometimes	4. Almost Never	5. Never
1. I feel <b>loved</b>	1	2	3	4	5
2. I feel important and <b>valuable</b>	1	2	3	4	5
3. I feel <b>needed</b>	1	2	3	4	5
4. I feel <b>accepted</b> by others	1	2	3	4	5
5. I feel that I <b>belong</b> and have a purpose	1	2	3	4	5
6. I feel <b>afraid (safety)</b>	5	4	3	2	1
7. I feel <b>hopeful and excited (security)</b>	1	2	3	4	5
8. I like myself	1	2	3	4	5
9. I am smart	1	2	3	4	5
10. I deserve to be <b>loved</b>	1	2	3	4	5
11. I am happy with myself	1	2	3	4	5
12. I am <b>safe</b>	1	2	3	4	5
<b>TOTAL:</b>					

### Suggested Indicators

Positive Self-Esteem: 12-24

Neutral Self-Esteem: 25-36

Low Self-Esteem: 37-60

**Positive Self-Esteem** indicates that the student feels loved, valued, needed, accepted, and has a positive sense of belonging, safety, and security (hopeful). This reflects that the student may be at level 4 on Maslow's Hierarchy of Needs and has a positive, healthy self-esteem.

**Neutral Self-Esteem** indicates that the student fits in a neutral category. The student's score includes a minimum of *average* scores (3) for all questions and may include a *few above average* scores. There are not strong indicators of either positive nor negative self-esteem; this may be suggestive of a need to gather further information from the student.

**Low Self-Esteem** indicates that the child is likely struggling emotionally and has a low self-esteem—indicated by a lack of one or more of the "7 Innate Needs". Recommendations are to begin implementing specific classroom social emotional learning strategies and consult with a school counselor and/or mental health professional.

**\*Please pay close attention to #6 & 12.** These represent "safety" needs. According to Maslow's Hierarchy of Needs, this is a basic, core foundational need that must be met. Regardless of overall assessment scores, if a child scores below average in these areas, a school counselor and/or mental health professional may consider a one-on-one consultation with the student for further information.

**\*Please pay close attention to #7.** This represents "security" needs. According to Maslow's Hierarchy of Needs, this is a basic, core foundational need that must be met. Regardless of overall assessment scores, if a child scores below average in this area (4-5), a school counselor and/or mental health professional should consider an immediate, one-on-one consultation with the student for further information.