

Appendix 1

AIR-S	AIR-S-NOR	Item name
	Capacity subscale - Things I do	
1. I know what I need, what I like, and what I'm good at.	1. I know what I am good at.	Cap1
	2. I know what is hard for me.	Cap2
2. I set goals to get what I want or need. I think about what I am good at when I do this.	3. I set goals for what I want to do.	Cap3
	4. I think about what I am good at when I set goals for myself.	Cap4
3. I figure out how to meet my goals. I make plans and decide what I should do.	5. I make a plan for how to meet my goal.	Cap5
4. I begin working on my plans to meet my goals as soon as possible.	6. I start working on my plan to meet my goal as soon as possible.	Cap6
5. I check how I'm doing when I'm working on my plan. If I need to, I ask others what they think of how I'm doing.	7. I check how I'm doing when I'm working on my plan.	Cap7
6. If my plan doesn't work, I try another one to meet my goals	8. If my plan doesn't work, I try another one to meet my goals.	Cap8
	Capacity subscale - How I feel	
1. I feel good about what I like, what I want, and what I need to do.	1. I am happy about what I like and want.	Cap9
	2. I think it is okay that some things are hard for me.	Cap10
2. I believe that I can set goals to get what I want.	3. I believe that I can set goals to get what I want.	Cap11
3. I like to make plans to meet my goals.	4. I like to make plans to meet my goals.	Cap12
4. I like to begin working on my plans right away.	4. I like to begin working on my plans right away.	Cap13
5. I like to check on how well I'm doing in meeting my goals.	6. I like to check on how I'm doing in meeting my goals.	Cap14
6. I am willing to try another way if it helps me to meet my goals.	7. I am willing to try another way if it helps me to meet my goals.	Cap 15
	Opportunity subscale - What happens at school	
1. People at school listen to me when I talk about what I want, what I need, or what I'm good at.	1. People at school listen to me when I talk about what I want.	Opp1
2. People at school let me know that I can set my own goals to get what I want or need.	2. People at school let me know that I can set my own goals to get what I want or need.	Opp2
3. At school, I have learned how to make plans to meet my goals and to feel good about them.	3. At school, I have learned how to make plans to meet my goals and to feel good about them.	Opp3
4. People at school encourage me to start working on my plans right away.	4. People at school encourage me to start working on my plans right away.	Opp4
5. I have someone at school who can tell me if I am meeting my goals.	5. I have someone at school who can tell me if I am meeting my goals.	Opp5
6. People at school understand when I have to change my plan to meet my goals. They offer advice and encourage me when I'm doing this.	6. People at school understand when I have to change my plan to meet my goals.	Opp6