

Liverm





# Emotion Regulation

Your average

52%

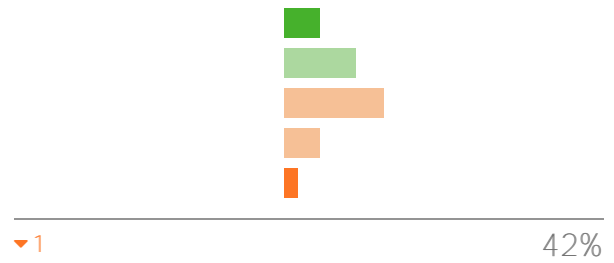
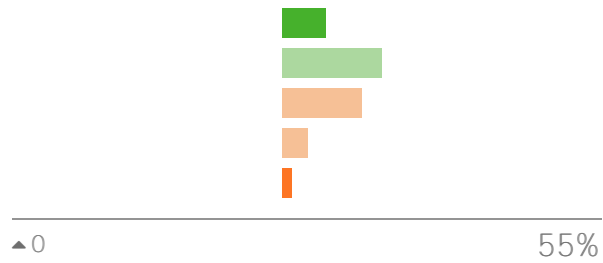
Change

▼ 1

How did people respond?

Q.1: When you are feeling pressured, how easily can you stay in control?

Q.2: How often are you able to pull yourself out of a bad mood?



Q.3: When eve



# Growth Mindset

Your average

56%

Change

▼ 1



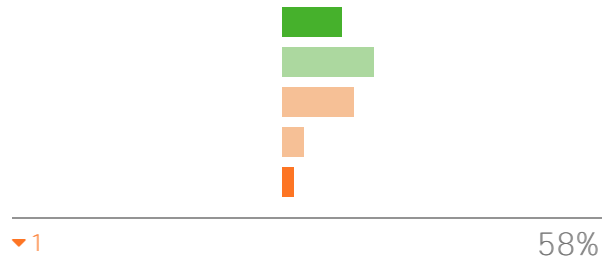
# Self-Management

Your average

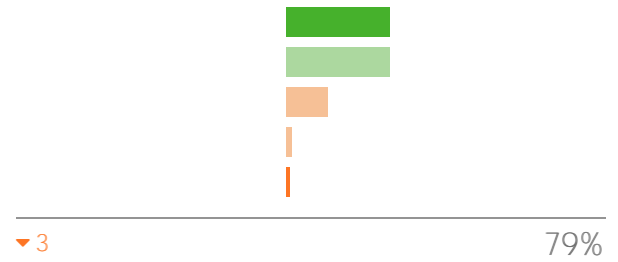




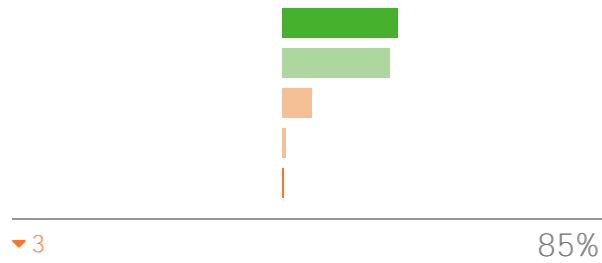
Q.7: During the past 30 days...How often did you remain calm, even when someone was bothering you or saying bad things?



Q.8: During the past 30 days...How often did you allow others to speak without interruption?



Q.9: During the past 30 days...How often were you polite to other students?



Q.10: During the past 30 days...How often did you keep your temper in check?

