

# ERI - KJ

## Essen Resources Inventory for Children and Adolescents

**Chiffre/Name:** \_\_\_\_\_

**Age:** \_\_\_\_\_

**Date of examination:** \_\_\_\_\_

**Instruction:**

Below, you find a few statements on different fields of life. Please read every single statement carefully and then decide to which extent these statements apply to you **within the last four weeks**. Your response possibilities range from 0 to 3. In detail these digits mean: 0 = „does never apply“, 1 = „does sometimes apply“, 2 = „does often apply“, 3 = „does always apply“.

	never	sometimes	often	always
1. I like to be independent.	①	①	②	③
2. In general, I know what I want.	①	①	②	③
3. I like doing activities with my friends (e.g. cycling, going to the cinema).	①	①	②	③
4. I feel well in my body.	①	①	②	③
5. I am able to manage a defeat or failure fast.	①	①	②	③
6. I am good in asserting myself and my rights in school (e.g. against an unfair treatment by classmates).	①	①	②	③
7. I can rely on my friends.	①	①	②	③
8. I can rely on my parents.	①	①	②	③
9. I know my own wishes and feelings.	①	①	②	③
10. I believe in myself and my abilities.	①	①	②	③
11. I feel up to the requirements of life.	①	①	②	③
12. Generally, in my life I achieve what I want to.	①	①	②	③
13. I perceive myself as a loveable person.	①	①	②	③
14. I know what I want to be when I grow up.	①	①	②	③
15. I like doing activities with my family.	①	①	②	③
16. I know enough people, who would help me in difficult situations.	①	①	②	③
17. I am good at dealing with disappointments.	①	①	②	③
18. I feel loved and appreciated by my father.	①	①	②	③
19. I like getting surprised and I am open for new things (e.g. for new friendships, new challenges).	①	①	②	③
20. Around people who are close to me, I can deal with my feelings openly (e.g. with my family, with close friends).	①	①	②	③
21. I know about my strengths and weaknesses.	①	①	②	③
22. I know people, to whom I can talk about my worries and problems.	①	①	②	③
23. I want to learn from mistakes.	①	①	②	③
24. I am good at dealing with negative criticism.	①	①	②	③
25. In general, I trust people.	①	①	②	③
26. I feel loved and appreciated by my mother.	①	①	②	③
27. I like trying out new activities (e.g. in sports, in the free time).	①	①	②	③
28. I am proud of myself.	①	①	②	③
29. I accomplish my tasks and like to work self-dependent.	①	①	②	③
30. I am good at asserting myself (e.g. forcing my point, asserting my rights).	①	①	②	③

	never	sometimes	often	always
31. Before asking other people for help, I try to do things on my own at first.	①	①	②	③
32. I want to decide about my life on my own.	①	①	②	③
33. I am satisfied with my body.	①	①	②	③
34. I have different possibilities to arrange my life on my own.	①	①	②	③
35. I attach great importance to physical fitness.	①	①	②	③
36. I have enough opportunities to learn and try out new things.	①	①	②	③
37. In my family, I receive love and affection.	①	①	②	③
38. I like communicating in social networks (e.g. facebook, MySpace).	①	①	②	③
39. I keep in touch with my friends via digital media (e.g. internet, cell phone).	①	①	②	③
40. I know people I love and appreciate.	①	①	②	③

### Attention please!

**The following section is for participants with a background of migration.** Below, you find some statements for participants with a background of migration. Background of migration means that one of your parents or both of them are not from Germany.

#### 1. Which is the religion of your parents?

Islam ① Judaism ② Ezidism ③ Buddhism ④ Hinduism ⑤

Christianity ⑥ Other: \_\_\_\_\_

#### 2. Where are your parents from? \_\_\_\_\_

### Instruction:

Please read every single statement carefully and then decide to which extent these statements apply to you **within the last four weeks**. Your response possibilities range from 0 to 3. In detail these digits mean: **0** = „does never apply“, **1** = „does sometimes apply“, **2** = „does often apply“, **3** = „does always apply“.

	never	sometimes	often	always
3. I see an advantage for myself by living in different cultures.	①	①	②	③
4. I feel comfortable in different cultures.	①	①	②	③
5. I like living in the culture of my parents.	①	①	②	③
6. I am good at communicating in English.	①	①	②	③
7. I can develop freely within my family.	①	①	②	③
8. I am good at communicating in my mother tongue.	①	①	②	③
9. I can develop well in different cultures.	①	①	②	③
10. I see my cultural experiences as an advantage for my future.	①	①	②	③
11. I get strength from my religion.	①	①	②	③
12. Due to my speech diversity I have advantages.	①	①	②	③