

## Description and General Information

mySAEBRS English is a brief and contextually relevant self-rating of student risk for social, emotional and behavioral problems. The screener is comprised of 20 items, each of which relates to a broad scale (Total Behavior) and three subscales: Social Behavior (7 items), Academic Behavior (6 items), and Emotional Behavior (7 items). In accordance with the principles of prevention science, each scale corresponds to various risk and protective factors suggested by developmental psychology research to predict the development of social emotional and behavioral disorders. Information about the Spanish version of the mySAEBRS can be found [here](#).

The student completes the mySAEBRS English on a computer. Ratings correspond to the frequency of various behaviors in the previous month (Never, Sometimes, Often, Almost Always). It is estimated that it takes approximately 5-10 minutes for each student to complete. The mySAEBRS English is designed for use with students whose first language is English as well as those whose English skills are strong enough to complete the mySAEBRS English. Native Spanish speakers who do not yet have strong social language skills in English will likely benefit from completing the mySAEBRS Spanish.

## Development

The mySAEBRS English was developed as a companion to the teacher SAEBRS scale for use in universal screening for social emotional and behavioral risk. The mySAEBRS English can be used alongside the SAEBRS so that teachers can compare their ratings with those of their students. The measure falls within a broad class of highly efficient tools, suitable for student use in evaluating and rating their own thoughts and behaviors (Severson, Walker, Hope-Doolittle, Kratochwill, & Gresham, 2007). The mySAEBRS English is grounded within a conceptual model which states that a student's success in school is not only related to his or her academic achievement, but also success within multiple behavioral domains. Research suggests the mySAEBRS English may be used to evaluate student functioning in terms of overall behavior, as assessed by a broad Total Behavior scale, as well as the Social, Academic, and Emotional Behavior sub-scales.

## Uses and Applications

mySAEBRS English can be used to screen students' total, social, academic effort, and emotional behaviors. Data can also be useful in program evaluation and in determining how students may be best supported across multiple tiers of social-emotional learning (SEL) needs.

It is important to note that a student's score on the SAEBRS and mySAEBRS should never be used as the sole determinant of overall risk or intervention services. Instead, these scores should be examined by a team consisting of the student's teacher(s), counselor, psychologist, administrative leader, and others who know the student well. SAEBRS and mySAEBRS must be compared with other sources of information about the student's behaviors in order to confirm the presence of risk and need for support.

## Screening

mySAEBRS English can be used as part of a process to identify students who are at risk for total, social, academic, and emotional behaviors at least three times a year. There are benchmark scores that indicate scores in the some- or high-risk range. When a student's total mySAEBRS score falls in the risk range, teachers can review the subscales and other sources of information to determine if a student could benefit from behavior support.

## Target Population

The mySAEBRS English is designed for universal screening of students in grades 2 through 12. Students in kindergarten and grade 1 have not reached the developmental stage required to accurately think about and rate their own behaviors. For this reason, the mySAEBRS is not available for use by students in kindergarten and grade 1.

## mySAEBRS English Administration and Scoring Procedures

**Administration Time.** It is estimated that it takes approximately 5-10 minutes for a student to complete the mySAEBRS English. Multiple students (i.e., an entire class) can complete the mySAEBRS at the same time in a computer lab or the classroom. And, in cases where some students will use the Spanish version and others the English, all the students can take the assessment at the same time.