**Опросник С.В. Левченко «Чувства, которые я испытываю в школе».**

Известно, что высокий уровень учебной мотивации во многом зависит от сформированности познавательных интересов и положительного эмоционального настроя. С целью определения доминирующих эмоциональных состояний у пятиклассников нами используется методика С.В. Левченко «Мои чувства в школе», которая позволяет выделить превалирующие чувства в лицее, определить индивидуальный характер переживаний и общий «эмоциональный портрет» класса.

После обработки анкет получаем сумму баллов (в %), на основе которой можно говорить о том, какие чувства превалируют в классе. Имеет смысл принимать во внимание выборы 45–50%. Если чувство набирает меньше голосов, можно говорить об индивидуальном характере данных переживаний.

По наблюдениям, в начале года мальчики испытывают беспокойство, а у девочек дезадаптация выражается в том, что они чувствуют тревогу за свое будущее. Если на фоне одного-двух негативных чувств дети выбирают в основном позитивные, это является нормой для переходного периода.

Однако если негативных чувств больше, то можно сделать вывод о дезадаптации и начать глубже исследовать ее причины. Одновременно с этим необходимо оказать помощь ребятам в адаптации. Например, провести тренинг (см. ссылку на сайте лицея в разделе «Советы психолога») по проблемной теме.

Наглядность такой диагностики очевидна.

Во-первых, мы получаем возможность увидеть, есть ли временная дезадаптация, присущая этому периоду, и насколько она сильна (определяется по процентам выборов негативных чувств).

Во-вторых, сразу определяем общий настрой класса, его «эмоциональный портрет».

**Опросник «Чувства в школе»**

**класс \_\_\_\_\_\_\_ дата \_\_\_\_\_\_\_\_\_\_\_\_\_ФИ ученика\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Отметь значком «+» те чувства, которые ты наиболее часто испытываешь в школе

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **№** | **Я испытываю в школе** | **Да** | **Нет** | **Иногда** |
| 1 | Спокойствие |  |  |  |
| 2 | Усталость |  |  |  |
| 3 | Скуку |  |  |  |
| 4 | Радость |  |  |  |
| 5 | Уверенность в себе |  |  |  |
| 6 | Беспокойство |  |  |  |
| 7 | Неудовлетворённость собой |  |  |  |
| 8 | Раздражение |  |  |  |
| 9 | Сомнение |  |  |  |
| 10 | Обиду |  |  |  |
| 11 | Чувство унижения |  |  |  |
| 12 | Страх |  |  |  |
| 13 | Тревогу |  |  |  |
| 14 | Благодарность |  |  |  |
| 15 | Симпатию к учителям |  |  |  |
| 16 | Желание приходить сюда |  |  |  |

Опросник С.В.Левченко «Чувства,которые испытываю в школе».

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
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| 4 | Радость |  |  |  |
| 5 | Уверенность в себе |  |  |  |
| 6 | Беспокойство |  |  |  |
| 7 | Неудовлетворённость собой |  |  |  |
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|  |  |  |  |  |
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