



The Hemingway Measure of Adolescent Connectedness®

(MAC 5 Adolescent, grades 6-12)

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MARKING INSTRUCTIONS

- Use number 2 pencil only.
- Erase cleanly any mark you wish to change.
- Make dark marks that fill the circle completely.
- Make no stray marks.



Name:

Number:

Date:

Sex: ☐ Male ☐ Female

Grade: ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐ 11 ☐ 12

Age:

Race/Ethnicity: ☐ White ☐ Black ☐ Hispanic ☐ Asian ☐ Bi-racial ☐ Other: _____

Who do you live with? ☐ Mother ☐ Father ☐ Both ☐ Other: _____

Please use this survey to tell us about yourself. Read each statement. MARK the number that best describes how true that statement is for you or how much you agree with it. If a statement is unclear to you, ask for an explanation. If it is still unclear, mark the "?".

"How TRUE about you is each sentence?"

	Not at all true	Not really true	Sort of true	True	Very true	? Unclear
(1) I like hanging out around where I live (like in my neighborhood).	1	2	3	4	5	?
(2) Spending time with friends is not so important to me.	1	2	3	4	5	?
(3) I can name 5 things that others like about me.	1	2	3	4	5	?
(4) My family has fun together.	1	2	3	4	5	?
(5) I have a lot of fun with my brother(s) or sister(s). (leave blank if you have none)	1	2	3	4	5	?
(6) I work hard at school.	1	2	3	4	5	?
(7) My classmates often bother me.	1	2	3	4	5	?
(8) I care what my teachers think of me.	1	2	3	4	5	?
(9) I will have a good future.	1	2	3	4	5	?
(10) I enjoy spending time by myself reading.	1	2	3	4	5	?
(11) I spend a lot of time with kids around where I live.	1	2	3	4	5	?
(12) I have friends I'm really close to and trust completely.	1	2	3	4	5	?
(13) There is not much that is unique or special about me.	1	2	3	4	5	?
(14) It is important that my parents trust me.	1	2	3	4	5	?
(15) I feel close to my brother(s) or sister(s). (leave blank if you have none)	1	2	3	4	5	?
(16) I enjoy being at school.	1	2	3	4	5	?
(17) I like pretty much all of the other kids in my grade.	1	2	3	4	5	?
(18) I do not get along with some of my teachers.	1	2	3	4	5	?
(19) Doing well in school will help me in the future.	1	2	3	4	5	?
(20) I like to read.	1	2	3	4	5	?
(21) I get along with the kids in my neighborhood.	1	2	3	4	5	?
(22) Spending time with my friends is a big part of my life.	1	2	3	4	5	?
(23) I can name 3 things that other kids like about me.	1	2	3	4	5	?
(24) I enjoy spending time with my parents.	1	2	3	4	5	?
(25) I enjoy spending time with my brothers/sisters. (leave blank if you have none)	1	2	3	4	5	?
(26) I get bored in school a lot.	1	2	3	4	5	?
(27) I like working with my classmates.	1	2	3	4	5	?
(28) I want to be respected by my teachers.	1	2	3	4	5	?

PLEASE DO NOT WRITE IN THIS AREA



SERIAL #

	Not at all true	Not really true	Sort of true	True	Very true	? Unclear
(29) I do things outside of school to prepare for my future.	1	2	3	4	5	?
(30) I never read books in my free time.	1	2	3	4	5	?
(31) I often spend time playing or doing things in my neighborhood.	1	2	3	4	5	?
(32) My friends and I talk openly with each other about personal things.	1	2	3	4	5	?
(33) I really like who I am.	1	2	3	4	5	?
(34) My parents and I disagree about many things.	1	2	3	4	5	?
(35) I try to spend time with my brothers/sisters when I can. (leave blank if you have none)	1	2	3	4	5	?
(36) I do well in school.	1	2	3	4	5	?
(37) I get along well with the other students in my classes.	1	2	3	4	5	?
(38) I try to get along with my teachers.	1	2	3	4	5	?
(39) I do lots of things to prepare for my future.	1	2	3	4	5	?
(40) I often read when I have free time.	1	2	3	4	5	?
(41) I hang out a lot with kids in my neighborhood.	1	2	3	4	5	?
(42) I spend as much time as I can with my friends.	1	2	3	4	5	?
(43) I have special hobbies, skills, or talents.	1	2	3	4	5	?
(44) My parents and I get along well.	1	2	3	4	5	?
(45) I try to avoid being around my brother/sister(s). (leave blank if you have none)	1	2	3	4	5	?
(46) I feel good about myself when I am at school.	1	2	3	4	5	?
(47) I am liked by my classmates.	1	2	3	4	5	?
(48) I always try hard to earn my teachers' trust.	1	2	3	4	5	?
(49) I think about my future often.	1	2	3	4	5	?
(50) I usually like my teachers.	1	2	3	4	5	?
(51) My neighborhood is boring.	1	2	3	4	5	?
(52) My friends and I spend a lot of time talking about things.	1	2	3	4	5	?
(53) I have unique interests or skills that make me interesting.	1	2	3	4	5	?
(54) I care about my parents very much.	1	2	3	4	5	?
(55) What I do now will not affect my future.	1	2	3	4	5	?
(56) Doing well in school is important to me.	1	2	3	4	5	?
(57) I rarely fight or argue with the other kids at school.	1	2	3	4	5	?

Leave mother or father questions blank if either is deceased. If living with a relative or guardian, answer using the mother questions.

	Not at all true	Not really true	Sort of true	True	Very true	? Unclear
(58) I enjoy spending time with my father.	1	2	3	4	5	?
(59) I enjoy spending time with my mother.	1	2	3	4	5	?
(60) I like getting to know kids from other cultural or racial groups.	1	2	3	4	5	?
(61) I spend a lot of time with a boyfriend/girlfriend.	1	2	3	4	5	?
(62) My religion is very important to me.	1	2	3	4	5	?
(63) My mother and I are pretty close.	1	2	3	4	5	?
(64) My father and I are pretty close.	1	2	3	4	5	?
(65) I would like to know more people from different cultural groups.	1	2	3	4	5	?
(66) I have a boyfriend/girlfriend who is very important to me.	1	2	3	4	5	?
(67) My father cares a lot about me.	1	2	3	4	5	?
(68) My mother cares a lot about me.	1	2	3	4	5	?
(69) I like getting to know people who are culturally different from me.	1	2	3	4	5	?
(70) I don't really care about having a boyfriend/girlfriend.	1	2	3	4	5	?
(71) I attend a religious service (like at a church, synagogue, or mosque) regularly.	1	2	3	4	5	?
(72) My father and I argue a lot.	1	2	3	4	5	?
(73) My mother and I argue a lot.	1	2	3	4	5	?
(74) I share my worries and concerns with a boyfriend/girlfriend.	1	2	3	4	5	?
(75) I am a religious or faithful person.	1	2	3	4	5	?
(76) I spend as much time as I can with a girlfriend/boyfriend.	1	2	3	4	5	?
(77) I talk with my mother about very personal things and my problems.	1	2	3	4	5	?
(78) I talk with my father about very personal things and my problems.	1	2	3	4	5	?