

Pre and Post-Test Question (Goal-Setting Lesson):

1. Which of the following is the best way to ask an adult for help with your mental or emotional health?
 - a. Asking for help as they're walking out the door
 - b. Asking for help while they are working on a project
 - c. Asking them when a good time to talk would be
 - d. Waiting for them to ask how you're doing