

**DO NOT PUT YOUR NAME ON THIS FORM
POST**

School _____

Please enter the first two letters of your last name and the month and year you were born.

— — — —

For example John Doe born in July of 1990 would enter DO90.

Are you Male _____ Female _____

What grade are you in _____

For each of the following statements, please circle the choice that is closest to how true you think it is for you. The questions ask about what you think. **There are no right or wrong answers.**

1. I can always solve problems if I try hard enough.

No _____ Maybe _____ Yes _____

2. If someone tries to stop me, I can find a way to get what I want.

No _____ Maybe _____ Yes _____

3. It is easy for me to stick to my plans and accomplish my goals.

No _____ Maybe _____ Yes _____

4. I am sure I know what to do if some unexpected happens to me.

No _____ Maybe _____ Yes _____

5. Because I am smart I can figure things out when something unexpected happens.

No _____ *Maybe* _____ *Yes* _____

6. I can solve most problems if I really try.

No _____ *Maybe* _____ *Yes* _____

7. I can get what I want from people if I make them feel sorry for me.

No _____ *Maybe* _____ *Yes* _____

8. I can stay calm when I have a problem.

No _____ *Maybe* _____ *Yes* _____

9. When I am have a problem, I can usually find more than one way to solve it.

No _____ *Maybe* _____ *Yes* _____

10. If I am in trouble, I can usually think of a way out.

No _____ *Maybe* _____ *Yes* _____

11. I can usually handle whatever comes my way.

No _____ *Maybe* _____ *Yes* _____

12. I spend time planning things I want to do.

No _____ *Maybe* _____ *Yes* _____

13. If I want something from someone I should have a positive attitude.

No _____ *Maybe* _____ *Yes* _____

14. I feel in charge of making things happen.

No _____ *Maybe* _____ *Yes* _____

15. I can control my own life.

No _____ *Maybe* _____ *Yes* _____

16. I do most things because I think they the right things to do.

No _____ *Maybe* _____ *Yes* _____

17. I do things that I think I should do.

No _____ *Maybe* _____ *Yes* _____

18. Most things happen to me because I am lucky.

No _____ *Maybe* _____ *Yes* _____

19. I am able to choose what I do.

No _____ *Maybe* _____ *Yes* _____

20. I work mostly on things that I can control.

No _____ *Maybe* _____ *Yes* _____

21. There are lots of thing I can do if I want to.

No _____ *Maybe* _____ *Yes* _____