

**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 your opinion. **There are no right or wrong answers.**

1. I can always manage to solve difficult problems if I try hard enough.

1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true

2. If someone opposes or is against me, I can find a way to get what I want.

1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true

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

1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true

4. I am confident that I could deal efficiently with unexpected events

1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true

5. Thanks to my resourcefulness and ability to figure things out, I know how to handle unexpected or unforeseen situations.

1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true

6. I can solve most problems if I invest the necessary effort.

1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true

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

1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true

8. I can remain calm when facing difficulties because I can rely on my coping abilities.

1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true

9. When I am confronted with a problem, I can usually find several solutions

1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true

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

1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true

11. I can usually handle whatever comes my way.

1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true

12. I spend time identifying long-range goals for myself.

1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true

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

1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true

14. I feel in charge of making things happen.

1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true

15. I feel responsible for my own life.

1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true

16. I feel driven by my personal values.

1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true

17. I am driven by a sense of purpose.

1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true

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

1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true

19. I am able to choose my own actions.

1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true

20. I focus my efforts on things that I can control.

1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true

21. There are abundant opportunities that await me.

1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true