

**MRC/LEARNS Webinar:
Peer Mentoring: Recruiting, Training, and Ensuring Longevity**

Using the General Self-Efficacy Scale

As mentioned during the Webinar, BBBS of Greater Rochester uses the General Self Efficacy Scale to help them measure improvements over time in self-efficacy of their peer mentors and mentees. The GSES was developed in Germany in 1979 by Matthias Jerusalem and Ralf Schwarzer, and was later revised and adapted to 26 other languages by various co-authors.

The scale was created to assess a general sense of perceived self-efficacy with the aim in mind to predict coping with daily hassles as well as adaptation after experiencing all kinds of stressful life events.

The scale was designed for the general adult population, including adolescents 12 and up. You will notice that BBBS of Greater Rochester has adapted the survey for use with mentees, who are under 12 years of age. This was done under the guidance of their evaluator. If your program plans to adapt any of the survey questions – or, indeed if you plan to adapt any standardized and validated tool, your evaluator should be consulted.

You do not need explicit permission from the developers to utilize the scale in your research. The authors ask that you provide the proper citations when writing about any research results. Citation information is available in the “frequently asked questions” document. The survey instruments that BBBS of greater Rochester has developed are provided for your use on the pages that follow.

More information on the scale and its use, including scoring information, is available at:

Background and General Information: <http://userpage.fu-berlin.de/~health/engscal.htm>

Frequently Asked Questions: http://userpage.fu-berlin.de/~health/faq_gse.pdf

DO NOT PUT YOUR NAME ON THIS FORM

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

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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* _____