

### Children's Self-Efficacy Scale

This questionnaire is designed to help us get a better understanding of the kinds of things that are difficult for students. Please rate how certain you are that you can do each of the things described below by writing the appropriate number. Your answers will be kept strictly confidential and will not be identified by name.

*Rate your degree of confidence by recording a number from 0 to 100 using the scale given below:*

0	10	20	30	40	50	60	70	80	90	100
Cannot do at all					Moderately can do				Highly certain can do	

**Confidence  
(0-100)**

**Self-Efficacy in Enlisting Social Resources**

- Get teachers to help me when I get stuck on schoolwork \_\_\_\_\_
- Get another student to help me when I get stuck on schoolwork \_\_\_\_\_
- Get adults to help me when I have social problems \_\_\_\_\_
- Get a friend to help me when I have social problems \_\_\_\_\_

**Self-Efficacy for Academic Achievement**

- Learn general mathematics \_\_\_\_\_
- Learn algebra \_\_\_\_\_
- Learn science \_\_\_\_\_
- Learn biology \_\_\_\_\_
- Learn reading, writing, and language skills \_\_\_\_\_
- Learn to use computers \_\_\_\_\_
- Learn a foreign language \_\_\_\_\_
- Learn social studies \_\_\_\_\_
- Learn English grammar \_\_\_\_\_

**Self-Efficacy for Self-Regulated Learning**

- Finish my homework assignments by deadlines \_\_\_\_\_
- Get myself to study when there are other interesting things to do \_\_\_\_\_
- Always concentrate on school subjects during class \_\_\_\_\_
- Take good notes during class instruction \_\_\_\_\_
- Use the library to get information for class assignments \_\_\_\_\_
- Plan my schoolwork for the day \_\_\_\_\_
- Organize my schoolwork \_\_\_\_\_
- Remember well information presented in class and textbooks \_\_\_\_\_
- Arrange a place to study without distractions \_\_\_\_\_
- Get myself to do school work \_\_\_\_\_

**Self-Efficacy for Leisure Time Skills and Extracurricular Activities**

- Learn sports skills well \_\_\_\_\_
- Learn dance skills well \_\_\_\_\_
- Learn music skills well \_\_\_\_\_
- Do the kinds of things needed to work on the school newspaper \_\_\_\_\_
- Do the things needed to serve in school government \_\_\_\_\_
- Do the kinds of things needed to take part in school plays \_\_\_\_\_
- Do regular physical education activities \_\_\_\_\_
- Learn the skills needed for team sports (for example, basketball, volleyball, swimming, football, soccer) \_\_\_\_\_

**Self-Regulatory Efficacy**

- Resist peer pressure to do things in school that can get me into trouble \_\_\_\_\_
- Stop myself from skipping school when I feel bored or upset \_\_\_\_\_
- Resist peer pressure to smoke cigarettes \_\_\_\_\_
- Resist peer pressure to drink beer, wine, or liquor \_\_\_\_\_
- Resist peer pressure to smoke marijuana \_\_\_\_\_
- Resist peer pressure to use pills (uppers, downers) \_\_\_\_\_
- Resist peer pressure to have sexual intercourse \_\_\_\_\_
- Control my temper \_\_\_\_\_

**Self-Efficacy to Meet Others' Expectations**

- Live up to what my parents expect of me \_\_\_\_\_
- Live up to what my teachers expect of me \_\_\_\_\_
- Live up to what my peers expect of me \_\_\_\_\_
- Live up to what I expect of myself \_\_\_\_\_

**Social Self-Efficacy**

- Make and keep friends of the opposite sex \_\_\_\_\_
- Make and keep friends of the same sex \_\_\_\_\_
- Carry on conversations with others \_\_\_\_\_
- Work well in a group \_\_\_\_\_

**Self-Assertive Efficacy**

- Express my opinions when other classmates disagree with me \_\_\_\_\_
- Stand up for myself when I feel I am being treated unfairly \_\_\_\_\_
- Get others to stop annoying me or hurting my feelings \_\_\_\_\_
- Stand firm to someone who is asking me to do something unreasonable or inconvenient \_\_\_\_\_

**Self-Efficacy for Enlisting Parental and Community Support**

- Get my parents to help me with a problem \_\_\_\_\_
- Get my brother(s) and sister(s) to help me with a problem \_\_\_\_\_
- Get my parents to take part in school activities \_\_\_\_\_
- Get people outside the school to take an interest in my school (for example, community groups, churches) \_\_\_\_\_