

Self Efficacy Quiz

Name: _____ Date: _____

DIRECTIONS Consider each statement below and indicate the extent to which you agree or disagree with it. There are five possible ratings. When you finish, tally your score for questions 1-20 and tally your score for questions 21-40. Compare your scores and reflect on your own self efficacy.
1 strongly disagree • **2** disagree • **3** neutral • **4** agree • **5** strongly agree

1	I usually am able to achieve the goals I set for myself.	
2	When working on my goals, I put in maximum effort and work even harder if I've suffered a setback.	
3	I set goals and objectives to achieve my vision for my life.	
4	I think positively about setting goals and making sure my needs are met.	
5	I use rewards to keep myself focused. For example, if I finish a project, I give myself a treat.	
6	If I work hard and apply my abilities and talents I will be successful.	
7	I worry about deadlines and getting things done.	
8	When something unexpected happens, I can adjust my plans easily.	
9	I feel good when I know I've done a good job, even if people don't compliment me on it.	
10	I like to do more than is expected.	
11	Instead of worrying and complaining, I like to get to work.	
12	I have a vision of a successful conclusion when I start on a project.	
13	When someone asks to talk to me, I look forward to it.	
14	I can't change bad things from happening but I can change my attitude about them.	
15	I feel that I solve most problems that arise.	
16	If I get an award or recognition, I think it's because I did something well.	
17	Success comes from hard work and perseverance.	
18	It's all right with me if I'm not the best at everything, as long as I get to participate.	
19	I am responsible for my own learning and success.	
20	If something bad happens I take responsibility for my part and try not to let it happen again.	
	Subtotal	

21	I never seem to be able to finish things I start.	
22	I give up when I see I'm not going to win or something is too difficult.	
23	I'm not sure what I'm going to be doing in the future.	
24	Nothing ever seems to turn out right for me.	
25	I am easily distracted and seem to move from one thing to the next without finishing anything.	
26	There are a lot of good reasons why I'm not a better student.	
27	I count on other people to remind me what I have to do and when things need to be done.	
28	I get angry when things don't go as I planned.	

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29	Even when I do a good job, no one ever notices.	
30	I worry a lot about all the things I have to do that I can't get done.	
31	I'm usually behind right from the start of a project.	
32	When someone asks to talk to me, I instinctively assume there is a problem.	
33	When I experience a real problem, everything else seems to be bad, too.	
34	Some things can't be fixed.	
35	I rarely believe people when they compliment me.	
36	I try to find out who is to blame when something bad happens.	
37	People have to be in the right place at the right time to be successful.	
38	I feel like a failure if I don't get the highest grade or score.	
39	I don't have a very good support system, which is why I'm not successful.	
40	I am able to meet minimum requirements and keep everyone happy.	
	Subtotal	