# Self-Efficacy Questionnaire

Please **CHECK ONE** response that best describes you. Be honest, since the information will be used to help you in school and also help you become more prepared for college and careers. There are no right or wrong answers!

<table>
<thead>
<tr>
<th>Student ID________________________</th>
<th>Date ________________</th>
<th>Not very like me</th>
<th>Very like me</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1    2  3  4  5</td>
<td></td>
</tr>
</tbody>
</table>

1. I can learn what is being taught in class this year.  
2. I can figure out anything if I try hard enough.  
3. If I practiced every day, I could develop just about any skill.  
4. Once I’ve decided to accomplish something that’s important to me, I keep trying to accomplish it, even if it is harder than I thought.  
5. I am confident that I will achieve the goals that I set for myself.  
6. When I'm struggling to accomplish something difficult, I focus on my progress instead of feeling discouraged.  
7. I will succeed in whatever career path I choose.  
8. I will succeed in whatever college major I choose.  
9. I believe hard work pays off.  
10. My ability grows with effort.  
11. I believe that the brain can be developed like a muscle.  
12. I think that no matter who you are, you can significantly change your level of talent.  
13. I can change my basic level of ability considerably.

---