

Academic Self-Efficacy Assessment

How is your sense of self-efficacy? If it is low, you will have a hard time maintaining motivation in graduate school and beyond. High self-efficacy will enable you to stick with dissertation writing, job hunting and publishing, no matter what boulders fall in your path.

The Self-Efficacy Scale This self-efficacy scale is adapted from Schwarzer, R., & Jerusalem, M. (1995). Generalized Self-Efficacy scale. In J. Weinman, S. Wright, & M. Johnston, Measures in health psychology: A user's portfolio. Causal and control beliefs (pp. 35-37). Windsor, UK: NFER-NELSON.

I can always manage to solve difficult problems if I try hard enough. Less True - 1 2 3 4 5 - More True
 If someone opposes me, I can find the means and ways to get what I want. Less True - 1 2 3 4 5 - More True
 It is easy for me to stick to my aims and accomplish my goals. Less True - 1 2 3 4 5 - More True
 I am confident that I could deal efficiently with unexpected events. Less True - 1 2 3 4 5 - More True
 Thanks to my resourcefulness, I know how to handle unforeseen situations. Less True - 1 2 3 4 5 - More True
 I can solve most problems if I invest the necessary effort. Less True - 1 2 3 4 5 - More True
 I can remain calm when facing difficulties because I can rely on my coping abilities. Less True - 1 2 3 4 5 - More True
 When I am confronted with a problem, I can usually find several solutions. Less True - 1 2 3 4 5 - More True
 If I am in trouble, I can usually think of a solution. Less True - 1 2 3 4 5 - More True
 I can usually handle whatever comes my way. Less True - 1 2 3 4 5 - More True

To receive your score, fill in your name and address. You will be automatically signed up for my newsletter, and receive the Academic Writer's Block Wizard! (Don't worry if you're already subscribed -- you won't get 2 newsletters.)

Your Name:
 Your Email:

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