We would like to learn more about how you think about problem-solving and goal setting. Please answer each and every item, so we can find out whether or not these are the best questions to use on a new measure of self-determination. Some of the questions may ask things you have never thought about; just give us your best answer.

All of your answers will be private. Your individual responses will not be shared with anyone. Your participation is voluntary, that is, you do not have to participate if you do not want to. You can stop completing the survey at any time and you can skip any question that you do not want to answer.

Questions on this survey may cause you to think a lot about things in your life. If you need to talk more about these, find someone you trust to share your thoughts with after completing the survey.

NAME:____________________________________________________________
(Please print)

SCHOOL: ____________________________________________________________

TEACHER’S NAME WHO HANDED YOU THE SURVEY:
___________________________________________________________________

Today’s Date:________________________________________________________
Directions:
1) Read each item.
2) Mark a line to show how much you disagree or agree with the statement. Darker black shows agreement.

Example:
I go to events when I want.

Disagree

Agree

Autonomy

1. I plan weekend activities I like to do.

Disagree

Agree

2. I choose activities I want to do.

Disagree

Agree

3. I text, e-mail or talk on the phone to friends or family when I choose.

Disagree

Agree

4. I go to restaurants I like.

Disagree

Agree
5. I choose which gifts to give someone.

Disagree

Agree

6. I choose what my room looks like.

Disagree

Agree

Self-Initiation

7. I choose when to act.

Disagree

Agree

8. I start new activities on my own.

Disagree

Agree

9. I consider many possibilities when I make plans for my future.

Disagree

Agree

10. My past experiences help me plan what I will do next.

Disagree

Agree
11. I change what I do when it has not worked in the past.

Disagree

Agree

12. I look for new experiences I think I will like.

Disagree

Agree

13. I do things I liked in the past.

Disagree

Agree

Part II: Agentic Action

Self-Direction


Disagree

Agree

15. I make my own decisions.

Disagree

Agree

16. I act on decisions I make.

Disagree

Agree
17. I do what is best for me when I face a challenge.

Disagree  Agree

18. I take action when new opportunities come my way.

Disagree  Agree

19. I think about each of my goals.

Disagree  Agree

Pathways Thinking

20. I think of more than one way to solve a problem.

Disagree  Agree

21. I find another way to get something done.

Disagree  Agree

22. I figure out ways to get around obstacles.

Disagree  Agree
23. I come up with ways to reach my goals.  

Disagree  Agree

24. I tell people when I think I can do something.  

Disagree  Agree

25. I think trying hard helps me get what I want.  

Disagree  Agree

26. I keep trying even after I get something wrong.  

Disagree  Agree

27. I know how to get what I want.  

Disagree  Agree

28. I can make good choices.  

Disagree  Agree
29. I make friends in new situations.

   Disagree                                     Agree

30. I make choices that are important to me.

   Disagree                                     Agree

**Self-Realization**

31. It is better to be yourself than to be popular.

   Disagree                                     Agree

32. I know what I do best.

   Disagree                                     Agree

33. I make up for my limitations.

   Disagree                                     Agree

34. Others like me.

   Disagree                                     Agree
35. I am confident in my abilities.

Disagree  Agree

36. I know my strengths.

Disagree  Agree

**Control-Expectancy**

37. I have the skills to carry out my plans.

Disagree  Agree

38. I have what it takes to reach my goals.

Disagree  Agree

39. I work hard to reach my goals.

Disagree  Agree

40. I keep trying to get what I want.

Disagree  Agree
41. I pay attention to get what I want.

Disagree  

Agree

42. I am able to focus to reach my goals.

Disagree  

Agree

43. I get help from my friends to carry out my plans.

Disagree  

Agree

44. I use my teachers to help me to reach my goals.

Disagree  

Agree

45. I use my parents to help me get what I want.

Disagree  

Agree
Directions:
The next items show a story with a beginning and ending, and you have to pick the BEST and WORST middle to complete the story.

Example:
Here’s an example,

BEGINNING - you get up in the morning...

ENDING - you go to school or work.

What goes on in the middle, between the time you get up and leave for school or work? The BEST answer might be that you might get dressed, exercise, eat breakfast, or pack lunch during the middle. The WORST answer might be that you might put on your pajamas or eat dinner during the middle part of this example.

The next items show a story with a beginning and ending, and you have to pick the BEST and WORST middle to complete the story. You should look at all the middle answers and write down the BEST answer for the middle. Write the word BEST next to your choice. Then, decide on the WORST answer for the middle to complete the story. Write the word WORST next to your choice.

Self-Regulation

46.

BEGINNING: You want to take a class in Hotel Management. An academic advisor wants you to take a Family and Child Care class. You can only take one of the classes.

Write down which is the BEST and WORST middle to the story

“Beginning: “I tell my advisor my reasons to take hotel management and I sign up for it.”

“Beginning: ”I decide not to listen to my advisor and take the class I want.”

“Beginning: “I want to take a class where I can learn to work in hotel management.”

ENDING: The story ends with you taking a class in Hotel Management.
47. **BEGINNING:** You decide you would like to work at a bookstore.

Write down which is the BEST and WORST middle to the story

- “I put in application and the manager hires me.”
- “I go to the bookstore and fill out an application.”
- “I love to read books and write stories.”

**ENDING:** You are working at a bookstore.

48. **BEGINNING:** Your friends are acting like they are mad at you.

Write down which is the BEST and WORST middle to the story

- “I think my friends might be mad at me.”
- “I would not talk to my friends until they talk to me.”
- “I ask my friends what’s wrong and we figure things out.”

**ENDING:** You and your friends get along just fine.
49. **BEGINNING:** A book you need to complete your homework is missing.

Write down which is the BEST and WORST middle to the story

```
“My friend lets me borrow his book to use.”
```

```
“I listen carefully in class and take notes.”
```

```
“I look for the book everywhere.”
```

**ENDING:** You turn in your completed homework.

50. **BEGINNING:** You want to be elected as the president of a club.

Write down which is the BEST and WORST middle to the story

```
“I ask people to vote for me and they do.”
```

```
“I make posters to run for president.”
```

```
“I want to be president of the club.”
```

**ENDING:** You are elected as the club president.
**BEGINNING:** You want to have friends.

Write down which is the BEST and WORST middle to the story

- “I moved to a new state and I do not know anybody.”
- “I will go around to tables at lunch and tell everyone my name.”
- “I start talking to new people in my class and hang out with them.”

**ENDING:** You have friends.