

## Self-Efficacy Measure

Individuals encounter problems from time to time, and can resolve these problems to varying degrees. Please read the set of scenarios below and indicate how successful you think you would be in resolving the problem, as well as how difficult you believe it would be to resolve the problem.

- 1) Your original plans for the day got ruined and you need to find something else to do.

1	2	3	4	5	6	7
I would not be very successful at resolving this problem						I would be very successful at resolving this problem

- 2) Your life has become much too routine and you feel like you aren't having as much fun as you could.

1	2	3	4	5	6	7
I would not be very successful at resolving this problem						I would be very successful at resolving this problem

- 3) You are having trouble in a class and despite studying are doing poorly on the tests.

1	2	3	4	5	6	7
I would not be very successful at resolving this problem						I would be very successful at resolving this problem

- 4) You are having difficulty figuring out your life and career goals.

1	2	3	4	5	6	7
I would not be very successful at resolving this problem						I would be very successful at resolving this problem

- 5) You are gaining weight and feeling like you are getting out of shape.

1	2	3	4	5	6	7
I would not be very successful at resolving this problem						I would be very successful at resolving this problem

- 6) You are lost in an unfamiliar area and need to get back home.

1	2	3	4	5	6	7
I would not be very successful at resolving this problem						I would be very successful at resolving this problem

7) Your cell phone company overcharged you and you have to fix it.

1	2	3	4	5	6	7
I would not be very successful at resolving this problem						I would be very successful at resolving this problem

8) You realize that you don't have enough money for your bills.

1	2	3	4	5	6	7
I would not be very successful at resolving this problem						I would be very successful at resolving this problem