**On a scale of 1 – 10 (1 being not at all and 10 being fully) how confident do you feel at this moment about your ability to set achievable goals on this module?**

1 2 3 4 5 6 7 8 9 10

**General Self efficacy – Time 1**

**Ralf Schwarzer & Matthias Jerusalem, 1995**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | Not at all true | Hardly true | Moderately true | Exactly true |
| 1. | I can always manage to solve difficult problems if I try hard enough. | 1 | 2 | 3 | 4 |
| 2. | If someone opposes me, I can find the means and ways to get what I want. | 1 | 2 | 3 | 4 |
| 3. | It is easy for me to stick to my aims and accomplish my goals. | 1 | 2 | 3 | 4 |
| 4. | I am confident that I could deal efficiently with unexpected events. | 1 | 2 | 3 | 4 |
| 5. | Thanks to my resourcefulness, I know how to handle unforeseen situations. | 1 | 2 | 3 | 4 |
| 6. | I can solve most problems if I invest the necessary effort. | 1 | 2 | 3 | 4 |
| 7 | I can remain calm when facing difficulties because I can rely on my coping abilities. | 1 | 2 | 3 | 4 |
| 8. | When I am confronted with a problem, I can usually find several solutions. | 1 | 2 | 3 | 4 |
| 9. | If I am in trouble, I can usually think of a solution. | 1 | 2 | 3 | 4 |
| 10. | I can usually handle whatever comes my way. | 1 | 2 | 3 | 4 |

Higher the score the higher your self-efficacy on a scale of 10-40.

Notes: Your analysis and interpretation of this test in terms of your self-awareness.