**SDQ Instruments, (Marsh)**

**From ASDQII - Academic Self Description Questionnaire II**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Definitely False | Mostly False | False | More false than true | More true than false | Mostly true | True | Definitely True |

2. I have always done well in SCHOOL SUBJECTS classes.
3. Compared to others my age I am good at SCHOOL SUBJECTS classes.
4. I get good marks in SCHOOL SUBJECTS classes.
5. Work in SCHOOL SUBJECTS classes is easy for me.
6. I learn things quickly in SCHOOL SUBJECTS classes.

**From SDQIII - Self Description Questionnaire III**

**Problem Solving**

1. I am never able to think up answers to problems that haven’t already been figured out.
2. I am good at combining ideas in ways that others have not tried.
3. I wish I had more imagination and originality.
4. I enjoy working out new ways of solving problems.
5. I am not much good at problem solving.
6. I have a lot of intellectual curiosity.
7. I am not very original in my ideas thoughts and actions.
8. I am an imaginative person.
9. I would have no interest in being an inventor.
10. I can often see better ways of doing routine tasks.

**From SDQII - Self Description Questionnaire II**

**Parents**

1. My parents are usually unhappy or disappointed with what I do
2. I get along well with my parents
3. It is difficult for me to talk to my parents
4. My parents treat me fairly
5. I have lots of arguments with my parents
6. My parents understand me
7. I do not like my parents very much
8. My parents really love me a lot

**Big Five Factors (Marsh)**

I see myself as someone who:

1. Is sometimes rude to others.
2. Has a forgiving nature.
3. Is considerate and kind to almost everyone.
4. Does a thorough job.
5. Tends to be lazy. (reverse-scored)
6. Does things efficiently.
7. Is talkative.
8. Is outgoing, sociable.
9. Is reserved. (reverse-scored)
10. Worries a lot.
11. Gets nervous easily.
12. Is relaxed, handles stress well. (reverse-scored)
13. Is original, comes up with new ideas.
14. Values artistic, aesthetic experiences.
15. Has an active imagination, is original, comes up with new ideas.

**Levi Brackman’s Purpose in Life - School Climate Scale**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Definitely False | Mostly False | False | More false than true | More true than false | Mostly true | True | Definitely True |

1. Students at my school make plans for their futures.
2. Students at my school work towards fulfilling what they want to do with their lives.
3. Students at my school know what they want out of life (Jaffe).
4. Students at my school come to school because it helps them succeed at their purpose in life.
5. Students at my school have a good sense of what makes their life meaningful (Steger).
6. Teachers at my school help us find our purpose in life.
7. Teachers at my school follow their purpose in life.
8. Teachers at my school love their job.
9. Teachers at my school help us to succeed in our life goals
10. Teacher at my school care about their students futures.

**The Meaning in Life Questionnaire (Steger) (with and additional six questions taken from Purpose in Life (Bundick et al., 2006))**

Please take a moment to think about what makes your life feel important to you. Please respond to the following statements as truthfully and accurately as you can, and also please remember that these are very subjective questions and that there are no right or wrong answers. Please answer according to the scale below:

*1 = Absolutely untrue, 2 = Mostly Untrue, 3 = Somewhat untrue, 4 = Can’t say true or false, 5 = Somewhat true, 6 = mostly true, 7 = absolutely true*

1. I understand my life’s meaning. 1
2. I am looking for something that makes my life feel meaningful. 2
3. I am always looking to find my life’s purpose. 2
4. My life has a clear sense of purpose. 1
5. I have a good sense of what makes my life meaningful. 1
6. I have discovered a satisfying life purpose. 1
7. I am always searching for something that makes my life feel significant. 2
8. I am seeking a purpose or mission for my life. 2
9. My life has no clear purpose. 1
10. I am searching for meaning in my life. 2
11. I do many things that give my life meaning. 1
12. I rarely do anything that feels purposeful to me. 3
13. I am always working toward accomplishing my most important goals in life. 1
14. I have a purpose in my life that reflects who I am. 1
15. The choices I make in my life rarely have anything to do with my purpose. 3
16. I have a life purpose that says a lot about the kind of person I am. 1

*MLQ syntax to create Presence and Search subscales:*

*Presence \_ 1, 4, 5, 6, 9-reverse-coded, 11, 13 14 &16*

*Search \_ 2, 3, 7, 8, & 10*

*Lack of Purpose\_12,15*

**From Julie Butler and Peggy Kerns PERMA & EPOCH**

Question

0 = not at all,

10 = completely

1. How much of the time do you feel you are making progress towards accomplishing your goals? 1
2. How often do you become absorbed in what you are doing? 1
3. In general, how often do you feel joyful? 2
4. To what extent do you receive help and support from others when you need it? 1
5. In general, how often do you feel anxious? 4
6. How often do you achieve the important goals you have set for yourself? 1
7. In general, how often do you feel positive? 2
8. In general, to what extent do you feel excited and interested in things? 1
9. How lonely do you feel in your daily life? 4
10. In general, how often do you feel angry? 4
11. To what extent have you been feeling loved? 3
12. How often are you able to handle your responsibilities? 1
13. How satisfied are you with your personal relationships? 3
14. In general, how often do you feel sad? 4
15. How often do you lose track of time while doing something you enjoy? 4
16. In general, to what extent do you feel contented? 1
17. Taking all things together, how happy would you say you are? 3

**Life Engagement Test (Scheier et al., 2006)**

Please answer the following questions about yourself by indicating the extent of your agreement using the following scale

1 – Strongly Disagree; 2 – Disagree; 3 – Neutral; 4 – Agree; 5 – Strongly Agree

1.There is not enough purpose in my life. 2

2. To me, the things I do are all worthwhile. 1

3. Most of what I do seems trivial and unimportant to me. 2

4. I value my activities a lot. 1

5. I don’t care very much about the things I do. 2

6. I have lots of reasons for living. 1

**Taken from SDQI (Marsh)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Definitely False | Mostly False | False | More false than true | More true than false | Mostly true | True | Definitely True |

1. I do lots of important things
2. Overall I am no good
3. In general, I like being the way I am
4. Overall I have a lot to be proud of
5. I can't do anything right
6. I can do things as well as most other people
7. Other people think I am a good person
8. A lot of things about me are good
9. I am as good as most other people
10. When I do something, I do it well

**Life Satisfaction (Diener et al., 1985)**

Using the 1-7 scale below, indicate your agreement with each item by choosing the appropriate number for each line. Please be open and honest in your responding.

1 – Strongly Disagree, 2 – Disagree, 3 – Slightly Disagree, 4 – Neither Agree nor Disagree, 5 – Slightly Agree, 6 – Agree, 7 – Strongly Agree

1. In most ways my life is close to my ideal.
2. The conditions of my life are excellent.
3. I am satisfied with my life.
4. So far I have gotten the important things I want in life.
5. If I could live my life over, I would change almost nothing.

**Positive Affect / Negative Affect Scale (Watson, Clark, & Tellegen, 1988)**

This scale consists of a number of words that describe different feelings and emotions. Read each item and then mark the appropriate answer in the space next to that word. Indicate to what extent you generally feel this way, that is, how you feel on the average.

1 – Very Slightly or Not at All; 2 – A Little; 3 – Moderately; 4 – Quite a Bit; 5 – Extremely

1. Interested
2. Distressed
3. Excited
4. Upset
5. Strong
6. Guilty
7. Scared
8. Hostile
9. Enthusiastic
10. Proud
11. Irritable
12. Alert
13. Ashamed
14. Inspired
15. Nervous
16. Determined
17. Attentive
18. Jittery
19. Active
20. Afraid

**Short-Form Psychological Well-being – Purpose in Life (Ryff, 1989)**

Circle the number that best describes the degree to which you agree or disagree with each statement.

1 – Strongly disagree

2 – Disagree

3 – Disagree slightly

4 – Agree slightly

5 – Agree

6 – Strongly agree

1. I live one day at a time and don't really think about the future. (rs)
2. I tend to focus on the present, because the future always brings me problems. (rs)
3. My daily activities often seem trivial and unimportant to me. (rs)
4. I don't have a good sense of what it is that I am trying to accomplish in my life. (rs)
5. I used to set goals for myself, but that now seems a waste of time. (rs)
6. I enjoy making plans for the future and working to make them a reality.
7. I am an active person in carrying out the plans I set for myself.
8. Some people wander aimlessly through life, but I am not one of them.
9. I sometimes feel as if I’ve done all there is to do in life. (rs)

**RESILIENCE Items taken from what Herb Marsh has identified as working as part of PERMA.**

1. How quickly do you feel you return to normal after setbacks in your life
2. How much time does it generally take you to get back to normal when things go wrong in your life
3. Do you in general quickly get over and recover from significant life difficulties

**Short Grit (Duckworth & Quinn, 2009)**

Circle the number below with respect to how much each statement describes you.

1 – Not at all like me

2

3

4

5 – Very much like me

1. I often set a goal but later choose to pursue a different one.
2. I have been obsessed with a certain idea or project for a short time but later lost interest.
3. I have difficulty maintaining my focus on projects that take more than a few months to complete.
4. New ideas and projects sometimes distract me from previous ones.
5. I finish whatever I begin.
6. Setbacks don’t discourage me.
7. I am diligent.
8. I am a hard worker.

**Sense of Identity (taken from APSI; Jaffe, 1998)**

Circle the number that best describes the degree to which you agree or disagree with each statement.

1 – Strongly disagree

2

3 – Neutral/undecided

4

5 – Strongly agree

1. I have a definite sense of purpose in life.
2. I have a firm sense of who I am.
3. I have a set of basic beliefs and values that guide my actions and decisions.
4. I know what I want out of life.
5. I have a clear set of personal values or moral standards.
6. I don’t know where I fit in the world.
7. I have specific personal goals for the future.
8. I have a clear sense of who I want to be when I am an adult.

**Subjective Happiness (Lyubomirsky & Lepper, 1999)**

For each of the following statements and/or questions, please circle the point on the scale that you feel is most appropriate in describing you.

1. In general, I consider myself…

1 2 3 4 5 6 7

Not a very A very happy

happy person person

2. Compared to most of my peers, I consider myself…

1 2 3 4 5 6 7

Less happy More happy

3. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?

1 2 3 4 5 6 7

Not at all A great deal

4. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?

1 2 3 4 5 6 7

Not at all A great deal

**Optimism (LOT-R; Scheier, Carver, & Bridges, 1994)**

Please be as honest and accurate as you can throughout. Try not to let your response to one statement influence your responses to other statements. There are no “correct” or “incorrect” answers. Answer according to your own feelings, rather than how you think “most people” would answer.

1 – I agree a lot

2 – I agree a little

3 – I neither agree nor disagree

4 – I disagree a little

5 – I disagree a lot

1. In uncertain times, I usually expect the best.

2. It’s easy for me to relax.

3. If something can go wrong for me, it will.

4. I’m always optimistic about my future.

5. I enjoy my friends a lot.

6. It’s important for me to keep busy.

7. I hardly ever expect things to go my way.

8. I don’t get upset too easily.

9. I rarely count of good things happening to me.

10. Overall, I expect more good things to happen to me than bad.