

## Academic Self-Efficacy and Efficacy for Self-Regulated Learning

(Adapted from Zimmerman, Bandura, & Martinez-Pons, 1992; Chemers, Hu, & Garcia, 2001)

Name: \_\_\_\_\_

**Directions: Please indicate how much confidence you have that you could successfully accomplish each of these tasks. Circle the number according to the following 5-point confidence scale.**

		<b>Confidence Scale:</b>						
No Confidence at all	Very little confidence	Some Confidence	Much Confidence	Complete Confidence				
1	2	3	4	5				
<b>How much confidence do you have that you can successfully:</b>								
1	Finish homework assignments by deadlines?			1	2	3	4	5
2	Study when there are other interesting things to do?			1	2	3	4	5
3	Concentrate on school subjects?			1	2	3	4	5
4	Take class notes of class instruction?			1	2	3	4	5
5	Use the library to get information for class assignments?			1	2	3	4	5
6	Plan your schoolwork?			1	2	3	4	5
7	Organize your schoolwork?			1	2	3	4	5
8	Remember information presented in class and textbooks?			1	2	3	4	5
9	Arrange a place to study without distractions?			1	2	3	4	5
10	Motivate yourself to do schoolwork?			1	2	3	4	5
11	Participate in class discussions?			1	2	3	4	5

**Directions: Please use the scale below to respond to the following 8 items.**

<i>Very Untrue</i>	1	2	3	4	5	6	7	<i>Very True</i>
___	12 I know how to schedule my time to accomplish my tasks.							
___	13 I know how to take notes.							
___	14 I know how to study to perform well on tests.							
___	15 I am good at research and writing papers.							
___	16 I am a very good student.							
___	17 I usually do very well in school and at academic tasks.							
___	18 I find my academic work interesting and absorbing.							
___	19 I am very capable of succeeding at this college.							