

## SELF-MANAGEMENT QUESTIONNAIRE

**THIS QUESTIONNAIRE WILL BE USED ONLY FOR PURPOSES OF EVALUATING THIS COURSE. YOUR RESPONSES ARE STRICTLY CONFIDENTIAL. WE APPRECIATE YOUR SUPPORT AND COOPERATION IN HELPING US IMPROVE THE COURSE. THANK YOU!**

**INDICATE THE EXTENT TO WHICH YOU AGREE OR DISAGREE WITH THE FOLLOWING STATEMENTS BY *CIRCLING* YOUR ANSWER.**

1. The factors that contribute to my positive and negative behaviors are often beyond my personal control.

STRONGLY AGREE    AGREE    UNCERTAIN    DISAGREE    STRONGLY DISAGREE

2. I cannot learn from an instructor whose personality I do not like.

STRONGLY AGREE    AGREE    UNCERTAIN    DISAGREE    STRONGLY DISAGREE

3. My level of motivation is dependent primarily on what's going on around me.

STRONGLY AGREE    AGREE    UNCERTAIN    DISAGREE    STRONGLY DISAGREE

4. My emotions are influenced more by internal factors than by external factors.

STRONGLY AGREE    AGREE    UNCERTAIN    DISAGREE    STRONGLY DISAGREE

5. I am in charge of my own actions.

STRONGLY AGREE    AGREE    UNCERTAIN    DISAGREE    STRONGLY DISAGREE

**INDICATE THE EXTENT TO WHICH YOU *ARE* AND *WOULD LIKE TO BE* SIMILAR OR DISSIMILAR TO EACH OF THE PERSONS DESCRIBED BELOW. **CIRCLE A NUMBER (1-7) FOR BOTH PARTS (*I AM* AND *I WOULD LIKE TO BE*) OF EACH STATEMENT.****

6. Paul plans his time according to the goals he has set.

	Very Much Like This				Not Very Much Like This		
a. I AM	1	2	3	4	5	6	7
b. I WOULD LIKE TO BE	1	2	3	4	5	6	7



7. Lisa waits to be in the mood before she studies.

	Very Much Like This				Not Very Much Like This		
a. I AM	1	2	3	4	5	6	7
b. I WOULD LIKE TO BE	1	2	3	4	5	6	7

8. When Barbara begins to get angry, she asks herself if she is possibly misinterpreting things before her anger increases.

	Very Much Like This				Not Very Much Like This		
a. I AM	1	2	3	4	5	6	7
b. I WOULD LIKE TO BE	1	2	3	4	5	6	7

9. When Judy studies a textbook chapter, she uses an organized approach.

	Very Much Like This				Not Very Much Like This		
a. I AM	1	2	3	4	5	6	7
b. I WOULD LIKE TO BE	1	2	3	4	5	6	7

10. When Bill is angry with someone, generally his anger builds until he has it out with the other person.

	Very Much Like This				Not Very Much Like This		
a. I AM	1	2	3	4	5	6	7
b. I WOULD LIKE TO BE	1	2	3	4	5	6	7



11. In class, Vicky usually keeps her ideas to herself.

	Very Much Like This					Not Very Much Like This	
a. I AM	1	2	3	4	5	6	7
b. I WOULD LIKE TO BE	1	2	3	4	5	6	7

12. When Al is ready to study a textbook chapter, the first thing he does is read straight through as much of the chapter as he can in one sitting.

	Very Much Like This					Not Very Much Like This	
a. I AM	1	2	3	4	5	6	7
b. I WOULD LIKE TO BE	1	2	3	4	5	6	7

13. Lynn expresses her opinion on important issues even if this sometimes makes her unpopular with her friends.

	Very Much Like This					Not Very Much Like This	
a. I AM	1	2	3	4	5	6	7
b. I WOULD LIKE TO BE	1	2	3	4	5	6	7

14. During class discussions, Jim often participates by expressing his views on the topic.

	Very Much Like This					Not Very Much Like This	
a. I AM	1	2	3	4	5	6	7
b. I WOULD LIKE TO BE	1	2	3	4	5	6	7



15. In order not to offend others, Kevin keeps his ideas on controversial issues to himself.

	Very Much Like This				Not Very Much Like This		
a. I AM	1	2	3	4	5	6	7
b. I WOULD LIKE TO BE	1	2	3	4	5	6	7

16. When Jerry doesn't feel like studying, he tries to change these feelings.

	Very Much Like This				Not Very Much Like This		
a. I AM	1	2	3	4	5	6	7
b. I WOULD LIKE TO BE	1	2	3	4	5	6	7

17. Jane decides spontaneously, without planning ahead, how she will spend her time from day to day.

	Very Much Like This				Not Very Much Like This		
a. I AM	1	2	3	4	5	6	7
b. I WOULD LIKE TO BE	1	2	3	4	5	6	7

