

Personal-Social Development Self-Efficacy Inventory (English Version)

Please read the following statements carefully and indicate how much confidence you have in performing these behaviors. Please circle the appropriate number to describe your degree of confidence with each statement.

- 1 - Extremely Not Confident
- 2 - Not Confident
- 3 - Hardly Confident
- 4 - Fairly Confident
- 5 - Confident
- 6 - Extremely Confident

I am confident that I can

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|--|---|---|---|---|---|---|
| 1. have my own ideals. | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. master the way to get along well with people. | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. resist the temptation of drug abuse. | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. consider different factors that can affect marriage when I get married. | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. act according to circumstances in times of setbacks. | 1 | 2 | 3 | 4 | 5 | 6 |

I am confident that I can

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| 6. master the ways to stay healthy. | 1 | 2 | 3 | 4 | 5 | 6 |
| 7. attentively listen to others' opinion when participating in activities. | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. actively involve classmates in discussions when participating in school or classroom activities. | 1 | 2 | 3 | 4 | 5 | 6 |
| 9. handle the stress from studying. | 1 | 2 | 3 | 4 | 5 | 6 |
| 10. evaluate myself frequently and examine the reasons for success and failure. | 1 | 2 | 3 | 4 | 5 | 6 |
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I am confident that I can

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| 11. express my feeling and opinion in appropriate ways. | 1 | 2 | 3 | 4 | 5 | 6 |
| 12. develop normal friendship with the opposite sex. | 1 | 2 | 3 | 4 | 5 | 6 |
| 13. develop interests in many areas. | 1 | 2 | 3 | 4 | 5 | 6 |
| 14. keep expenditure below income and won't be too wasteful. | 1 | 2 | 3 | 4 | 5 | 6 |
| 15. set up different goals of my life. | 1 | 2 | 3 | 4 | 5 | 6 |

I am confident that I can

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| 16. face criticisms with an open attitude. | 1 | 2 | 3 | 4 | 5 | 6 |
| 17. handle disputes among friends. | 1 | 2 | 3 | 4 | 5 | 6 |
| 18. resist the temptation of smoking or excessive drinking. | 1 | 2 | 3 | 4 | 5 | 6 |
| 19. think over what constitutes a happy marriage life when I choose my other half. | 1 | 2 | 3 | 4 | 5 | 6 |
| 20. master problem-solving skills in face of problems. | 1 | 2 | 3 | 4 | 5 | 6 |

I am confident that I can

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| 21. master the ways to stay psychologically healthy. | 1 | 2 | 3 | 4 | 5 | 6 |
| 22. cooperate with others to reach the team's goal when participating in activities. | 1 | 2 | 3 | 4 | 5 | 6 |
| 23. organize and plan activities. | 1 | 2 | 3 | 4 | 5 | 6 |
| 24. master the ways to make myself happy. | 1 | 2 | 3 | 4 | 5 | 6 |
| 25. admit my mistakes to myself. | 1 | 2 | 3 | 4 | 5 | 6 |

I am confident that I can

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| 26. reflect my opinion using different ways. | 1 | 2 | 3 | 4 | 5 | 6 |
| 27. maintain normal friendship with the opposite sex. | 1 | 2 | 3 | 4 | 5 | 6 |
| 28. develop some interests so that my leisure time will be richer and happier. | 1 | 2 | 3 | 4 | 5 | 6 |
| 29. avoid borrowing money from others except when absolutely necessary. | 1 | 2 | 3 | 4 | 5 | 6 |
| 30. plan how to attain the different goals in life. | 1 | 2 | 3 | 4 | 5 | 6 |

I am confident that I can

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| 31. accept and like myself. | 1 | 2 | 3 | 4 | 5 | 6 |
| 32. form friendships with others. | 1 | 2 | 3 | 4 | 5 | 6 |
| 33. think over how smoking, drug abuse and excessive drinking affect my friends, family and myself. | 1 | 2 | 3 | 4 | 5 | 6 |
| 34. think over the relations between children and marriage when I prepare myself to be a parent. | 1 | 2 | 3 | 4 | 5 | 6 |
| 35. learn from mistakes when I make them. | 1 | 2 | 3 | 4 | 5 | 6 |
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I am confident that I can

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| 36. take care of my body when I am sick. | 1 | 2 | 3 | 4 | 5 | 6 |
| 37. encourage group members with no sense of responsibility to be responsible to themselves and others when leading an activity. | 1 | 2 | 3 | 4 | 5 | 6 |
| 38. appropriately allocate the work to group members when leading an activity. | 1 | 2 | 3 | 4 | 5 | 6 |
| 39. control my emotions. | 1 | 2 | 3 | 4 | 5 | 6 |
| 40. obtain learning opportunities in the process of self-evaluation. | 1 | 2 | 3 | 4 | 5 | 6 |

I am confident that I can

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| 41. exchange ideas with my classmates when I participate in school or classroom activities. | 1 | 2 | 3 | 4 | 5 | 6 |
| 42. develop a romance relationship with the opposite sex. | 1 | 2 | 3 | 4 | 5 | 6 |
| 43. choose some recreational activities that suit my interest. | 1 | 2 | 3 | 4 | 5 | 6 |
| 44. keep an account book for myself. | 1 | 2 | 3 | 4 | 5 | 6 |
| 45. find out several possible solutions for one problem. | 1 | 2 | 3 | 4 | 5 | 6 |

I am confident that I can

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| 46. make use of my strengths and improve my weaknesses. | 1 | 2 | 3 | 4 | 5 | 6 |
| 47. stand in others' shoes and consider their feelings. | 1 | 2 | 3 | 4 | 5 | 6 |
| 48. prevent myself from forming the habits of excessive drinking, smoking or drug abuse. | 1 | 2 | 3 | 4 | 5 | 6 |
| 49. face the responsibility and difficulty being a parent. | 1 | 2 | 3 | 4 | 5 | 6 |
| 50. encourage myself in face of setbacks. | 1 | 2 | 3 | 4 | 5 | 6 |

I am confident that I can

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| 51. develop a balanced eating habit. | 1 | 2 | 3 | 4 | 5 | 6 |
| 52. handle disputes in the process of cooperation when participating in activities. | 1 | 2 | 3 | 4 | 5 | 6 |
| 53. call on other classmates to join activities. | 1 | 2 | 3 | 4 | 5 | 6 |
| 54. let my feelings out in correct and appropriate ways when facing pressure. | 1 | 2 | 3 | 4 | 5 | 6 |
| 55. have the courage and stamina to evaluate myself. | 1 | 2 | 3 | 4 | 5 | 6 |

I am confident that I can

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| 56. have multi-angled thinking and analytical ability. | 1 | 2 | 3 | 4 | 5 | 6 |
| 57. maintain a romance relationship with the opposite sex. | 1 | 2 | 3 | 4 | 5 | 6 |
| 58. make good use of leisure time and take part in extra-curricular activities that I like. | 1 | 2 | 3 | 4 | 5 | 6 |
| 59. make a financial budget. | 1 | 2 | 3 | 4 | 5 | 6 |
| 60. work independently, first analyze the ways of handling each incident and then make the best decision. | 1 | 2 | 3 | 4 | 5 | 6 |