


12th

Name _____

Date _____

Self-Determination

 Read each statement. If the statement describes you or your beliefs, put a check mark in the column "That's Me." If the statement does not describe you or your beliefs, put a check mark in the column "That's Not Me."

	That's Me	That's Not Me
1. I am a dreamer.	<input type="checkbox"/>	<input type="checkbox"/>
2. I know what is important to me.	<input type="checkbox"/>	<input type="checkbox"/>
3. I have the right to decide what I want to do.	<input type="checkbox"/>	<input type="checkbox"/>
4. When I do not get something I want, I try a new approach.	<input type="checkbox"/>	<input type="checkbox"/>
5. I forget to take care of my needs when I am with my friends.	<input type="checkbox"/>	<input type="checkbox"/>
6. To help me the next time, I evaluate how things turned out.	<input type="checkbox"/>	<input type="checkbox"/>
7. There are no interesting possibilities in my future.	<input type="checkbox"/>	<input type="checkbox"/>
8. Nothing is important to me.	<input type="checkbox"/>	<input type="checkbox"/>
9. No one has the right to tell me what to do.	<input type="checkbox"/>	<input type="checkbox"/>
10. I can think of only one way to get something I want.	<input type="checkbox"/>	<input type="checkbox"/>
11. I can be successful even though I have weaknesses.	<input type="checkbox"/>	<input type="checkbox"/>
12. I can figure out how to get something if I want it.	<input type="checkbox"/>	<input type="checkbox"/>
13. Sometimes I need to take risks.	<input type="checkbox"/>	<input type="checkbox"/>
14. I do not have any goals for school this year.	<input type="checkbox"/>	<input type="checkbox"/>
15. I would not practice in my mind giving a speech to a class because it would just make me nervous.	<input type="checkbox"/>	<input type="checkbox"/>
16. I do not know my weaknesses.	<input type="checkbox"/>	<input type="checkbox"/>
17. My weaknesses stop me from being successful.	<input type="checkbox"/>	<input type="checkbox"/>
18. I do things without a plan.	<input type="checkbox"/>	<input type="checkbox"/>
19. I know my strengths.	<input type="checkbox"/>	<input type="checkbox"/>
20. I do not know where to find help when I need it.	<input type="checkbox"/>	<input type="checkbox"/>
21. It is a waste of time to reflect on why things turned out the way they did.	<input type="checkbox"/>	<input type="checkbox"/>
22. I dream about what my life will be like after I finish school.	<input type="checkbox"/>	<input type="checkbox"/>
23. I tell others what I want.	<input type="checkbox"/>	<input type="checkbox"/>
24. If I want something, I keep working for it.	<input type="checkbox"/>	<input type="checkbox"/>
25. I think about how I could have done something better.	<input type="checkbox"/>	<input type="checkbox"/>
26. I make decisions without knowing if I have options.	<input type="checkbox"/>	<input type="checkbox"/>
27. I forget to think about what is good for me when I do things.	<input type="checkbox"/>	<input type="checkbox"/>
28. I am frequently surprised by what happens when I do things.	<input type="checkbox"/>	<input type="checkbox"/>

Source: *Self-Determination Student Scale* (pp. 1-5), by A. Hoffman, S. L. Field, and S. Sawilowsky, 1995, Austin, TX: PRO-ED. Copyright 1995 by PRO-ED, Inc. Adapted with permission.

