

## AGENCY

**a. Instructions:** For each of the following statements, circle the number that would be most nearly true for you. Always circle the number for “like me” if you think the statement adequately describes your present feelings/actions/situation and “unlike me” if you think the statement does not adequately describe your present feelings/actions/situation.

	Unlike me	Like me
1. I'm a lot of fun to be with	0	1
2. I'm popular with persons my own age.	0	1
3. People usually follow my ideas.	0	1
4. I'm not as nice looking as most people	0	1
5. Most people are better liked than I am	0	1

**b. Instructions:** For each of the following statements, circle the number in the box that would be most nearly true for you. Note that the boxes always extend from one extreme feeling to its opposite kind of feeling. "Neutral" implies no judgment either way; try to use this rating as little as possible.

1. I am usually:

1	2	3	4	5	6	7
completely bored		Neutral			exuberant and enthusiastic	

2. Life to me seems:

1	2	3	4	5	6	7
always exciting		neutral			completely routine	

3. Every day is:

1	2	3	4	5	6	7
constantly new and different		neutral			exactly the same	

4. My life is:

1	2	3	4	5	6	7
empty, filled only with despair		neutral			running over with exciting good things	

5. I am a:

1	2	3	4	5	6	7
very irresponsible person		neutral			very responsible person	

**c. Instructions:** Circle the number in the box provided beside each statement according to how much you agree or disagree with it.

	<b>Strongly agree</b>	<b>Agree</b>	<b>Slightly agree</b>	<b>Slightly disagree</b>	<b>Disagree</b>	<b>Strongly disagree</b>
1. Becoming a success is a matter of hard work. Lucky breaks have little or nothing to do with it.	0	1	2	3	4	5
2. When I make plans, I am almost certain that I can make them work.	0	1	2	3	4	5
3. There is a direct connection between how hard I study and the grades I get	0	1	2	3	4	5
4. It is impossible for me to believe that chance or luck plays an important role in my life.	0	1	2	3	4	5
5. What happens to me is my own doing.	0	1	2	3	4	5

**d. Instructions:** These statements are to help you describe yourself as you see yourself. Please respond to them as if you were describing yourself to yourself. Read each statement carefully; then select one of the five responses listed below. After choosing, check the box indicating the response you choose.

	<b>Completely false</b>	<b>Mainly false</b>	<b>Partly true and partly false</b>	<b>Mainly true</b>	<b>Completely true</b>
1. I enjoy difficult and challenging situations.	0	1	2	3	4
2. I have a lot of will power.	0	1	2	3	4
3. I am able to concentrate better than most people under distracting conditions.	0	1	2	3	4
4. I can bear physical discomfort better than most.	0	1	2	3	4
5. When I have a job to do, I am not easily distracted.	0	1	2	3	4