

The Self-Efficacy Questionnaire for School Situations

1. When going to school of a morning, how sure are you of being able to cope with separation from your mother or father?

1	2	3	4	5
Really sure I couldn't	Probably couldn't	Maybe	Probably could	Really sure I could

2. How sure are you that you could approach your teacher about something?

1	2	3	4	5
Really sure I couldn't	Probably couldn't	Maybe	Probably could	Really sure I could

3. How sure are you that you could do school work set by the teacher?

1	2	3	4	5
Really sure I couldn't	Probably couldn't	Maybe	Probably could	Really sure I could

4. How sure are you of being able to do tests?

1	2	3	4	5
Really sure I couldn't	Probably couldn't	Maybe	Probably could	Really sure I could

5. How sure are you of being able to do things in front of the class or group?

1	2	3	4	5
Really sure I couldn't	Probably couldn't	Maybe	Probably could	Really sure I could

6. How sure are you of being able to cope with being sent to the principal?

1	2	3	4	5
Really sure I couldn't	Probably couldn't	Maybe	Probably could	Really sure I could

7. How sure are you that you could handle questions from others about why you've been away from school?

1 _____ 2 _____ 3 _____ 4 _____ 5 _____
Really sure Probably Maybe Probably Really sure
I couldn't couldn't I could I could I could

8. How sure are you that you could stand up for yourself if you were teased or bullied by other kids at school?

1 _____ 2 _____ 3 _____ 4 _____ 5 _____
Really sure Probably Maybe Probably Really sure
I couldn't couldn't I could I could I could

9. How sure are you that you could handle being growled at or punished by the teacher when you've done something wrong?

1 _____ 2 _____ 3 _____ 4 _____ 5 _____
Really sure Probably Maybe Probably Really sure
I couldn't couldn't I could I could I could

10. How sure are you that you could cope with being away from your mother or father during school-time?

1 _____ 2 _____ 3 _____ 4 _____ 5 _____
Really sure Probably Maybe Probably Really sure
I couldn't couldn't I could I could I could

11. How sure are you that you could stay at school for the entire day once you were there?

1 _____ 2 _____ 3 _____ 4 _____ 5 _____
Really sure Probably Maybe Probably Really sure
I couldn't couldn't I could I could I could

12. How sure are you that you could spend a few nights away from home on a school camp or excursion?

1 _____ 2 _____ 3 _____ 4 _____ 5 _____
Really sure Probably Maybe Probably Really sure
I couldn't couldn't I could I could I could