Self-Efficacy (Ages 13-17) – Item Bank/Fixed Form

Please respond to each question or statement by marking one box per row.

	Please read the sentence and decide how true it is of you in general.	**Never**	**Almost Never**	**Sometimes**	**Fairly Often**	**Very Often**
GSE01	I can always manage to solve difficult problems if I try hard enough	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
GSE02m	If someone tries to keep me from getting what I want, I can find a way to get what I want.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
GSE03m	It is easy for me to stick to my goals and reach them.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
GSE04m	I am confident that I could do a good job dealing with unexpected events.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
GSE05m	Thanks to my talents and skills, I know how to handle unexpected situations	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
GSE06m	I can solve most problems if I try hard enough.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
GSE07m	I can stay calm when facing difficulties because I can handle them	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
GSE08m	When I have a problem, I can find several ways to solve it	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
GSE09	If I am in trouble, I can think of a solution	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
GSE10	I can handle whatever comes my way	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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