

Name: \_\_\_\_\_

Here are **33** statements which may or may not describe your beliefs about this course. You are asked to rate each statement by circling a number between 1 and 5 where the numbers mean the following:

---

1: Strongly Disagree    2: Disagree    3: Neutral    4: Agree    5: Strongly Agree

---

Answer the questions by circling the number that best expresses your feeling. Work quickly. Don't over-elaborate the meaning of each statement. They are meant to be taken as straightforward and simple. If you don't understand a statement, leave it blank. If you understand, but have no strong opinion, circle 3. If an item combines two statements and you disagree with either one, choose 1 or 2.

1	In a class like this, I prefer course material that arouses my curiosity, even if it is difficult to learn.	1 2 3 4 5
2	I am very interested in the content area of this course.	1 2 3 4 5
3	I believe I will receive an excellent grade in this class.	1 2 3 4 5
4	The most satisfying thing for me in this course is trying to understand the content as thoroughly as possible.	1 2 3 4 5
5	I think the course material in this class is useful for me to learn.	1 2 3 4 5
6	I'm confident I can do an excellent job on the assignments and tests in this course.	1 2 3 4 5
7	When I have the opportunity in this class, I choose course assignments that I can learn from even if they don't guarantee a good grade.	1 2 3 4 5
8	I like the subject matter of this course.	1 2 3 4 5
9	I'm certain I can master the skills being taught in this class.	1 2 3 4 5
10	When I study for this class, I practice saying the material to myself over and over.	1 2 3 4 5
11	I try to relate ideas in this subject to those in other courses whenever possible.	1 2 3 4 5
12	When I study for this course, I go through the readings and my class notes and try to find the most important ideas.	1 2 3 4 5
13	During class time I often miss important points because I'm thinking of other things.	1 2 3 4 5
14	Before I study new course material thoroughly, I often skim it to see how it is organized.	1 2 3 4 5
15	When studying for this class, I read my class notes and the course readings over and over again.	1 2 3 4 5
<b>(Continued) Look at the backside!!</b>		

Name: \_\_\_\_\_

16	When reading for this class, I try to relate the material to what I already know.	1	2	3	4	5
17	I make simple charts, diagrams, or tables to help me organize course material.	1	2	3	4	5
18	I ask myself questions to make sure I understand the material I have been studying in this class.	1	2	3	4	5
19	I often find that I have been reading for class but don't know what it was all about.	1	2	3	4	5
20	I memorize key words to remind me of important concepts in this class.	1	2	3	4	5
21	When I study for this course, I write brief summaries of the main ideas from the readings and the concepts from the experiments.	1	2	3	4	5
22	I try to think through a topic and decide what I am supposed to learn from it rather than just reading it over when studying.	1	2	3	4	5
23	When I study for this course, I go over my class notes and make an outline of important concepts.	1	2	3	4	5
24	When studying for this course, I try to determine which concepts I don't understand well.	1	2	3	4	5
25	I tell myself that I will be able to understand and remember this course material.	1	2	3	4	5
26	I imagine myself moving through the assignment or answering the test questions without much difficulty.	1	2	3	4	5
27	I think about how disappointed others (family/friends) will be if I do poorly.	1	2	3	4	5
28	I tell myself, "Get to it and concentrate, this is an important exam/paper/assignment."	1	2	3	4	5
29	I think of interesting or different ways to make studying more fun or challenging for me.	1	2	3	4	5
30	I think about the kinds of jobs/career I may end up with if I flunk out of college.	1	2	3	4	5
31	I usually meditate or use some form of relaxation technique so I am better able to concentrate on my studies	1	2	3	4	5
32	I think about things that make me feel good whenever I am feeling frustrated about what I need to get done for this class.	1	2	3	4	5
33	I think about the sacrifices that I have made, or that my parents are making to put me through school.	1	2	3	4	5

- The end -