## Think About It! Quiz

Name:	Grade:	School:	Date:				
Instructions:							
Please use this list of sentences to describe yo	ourself as accurately	as possible.	ree		e e		e
Choose the number that best describes you for each statement below. Describe			Strongly Disagree	ee	Neither Agree Nor Disagree	a	Strongly Agree
yourself as you see yourself at the present time, not as you wish to be in the future.			y Di	Disagree	er ∕	Agree	
Describe yourself as you are generally or typically, as compared with other persons		ngl	Dis	eith. or D	۲,	βuo	
you know of the same sex and of roughly your same age.		itro		Ϋ́́		Str	
There is no right or	wrong answer.		S				
Athletic Competence							
I think that I could do well at just about any no	ew sports activity I h	aven't tried before.					
I do very well at all kinds of sports.							
I feel that I am better than others my age at s	ports.						
I wish that I could be a lot better at sports.							
I don't do well at new outdoor games.							
In games and sports, I usually watch instead o	f play.						
Conduct/Morality	•						
I behave very well most of the time.							
I usually do the right thing.							
I do things that I know I shouldn't do.							
I usually act the way that I am supposed to.							
I usually get into trouble because of the thing	s that I do.						
I often do not like the way that I behave.							
Peer Acceptance							
I would like to have a lot more friends.							
I am popular with others my age.							
I am always doing things with a lot of kids							
I wish that more people my age like me.							
I have lots of friends.							
I find it hard to make friends.							
Physical Appearance							
I am happy with my height and weight.							
I am happy with the way that I look.							
I wish my physical appearance (how I look) we	ere different.						
I wish my body were different.							
I wish that something about my face or hair lo	oked different.						
I think that I am good-looking.							
Scholastic Competence							
I feel that I am very good at my schoolwork.							
I often forget what I learn.							
I feel like I am as smart as other kids my age.							
I do very well in my classwork.							
I am pretty slow in finishing my schoolwork.							
I have trouble figuring out the answers in scho	ool.						
Thank you for thir	nking about it	!					

Checklist source: http://www.childtrends.org/files/child\_trends-2008\_08\_20\_rb\_selfconcept.pdf

Formatting by Karen L. Anderson, PhD, Supporting Success for Children with Hearing Loss, 2013, <u>https://successforkidswithhearingloss.com</u>

## Think About It! Quiz

## Scoring

Name:Grade:School:		Date:				
Scoring Instructions: Add up the total number of points received in each area. A score of 17 or less in one area indicates a negative self-concept in the relevant domain.		Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree	AREA TOTAL
Athletic Competence						
I think that I could do well at just about any new sports activity I haven't tried before.	1	2	3	4	5	
I do very well at all kinds of sports.	1	2	3	4	5	
I feel that I am better than others my age at sports.	1	2	3	4	5	
I wish that I could be a lot better at sports.*		4	3	2	1	
I don't do well at new outdoor games.*	5	4	3	2	1	
In games and sports, I usually watch instead of play.*	5	4	3	2	1	
Area of concern? Yes N	lo					
Conduct/Morality						
I behave very well most of the time.	1	2	3	4	5	
I usually do the right thing.	1	2	3	4	5	
I do things that I know I shouldn't do.*	5	4	3	2	1	
I usually act the way that I am supposed to.	1	2	3	4	5	
I usually get into trouble because of the things that I do.*	5	4	3	2	1	
I often do not like the way that I behave.*	5	4	3	2	1	
Area of concern? Yes N	lo					
Peer Acceptance						
I would like to have a lot more friends.*	5	4	3	2	1	
I am popular with others my age.	1	2	3	4	5	
I am always doing things with a lot of kids	1	2	3	4	5	
I wish that more people my age like me.*	5	4	3	2	1	
I have lots of friends.	1	2	3	4	5	
I find it hard to make friends.*	5	4	3	2	1	
Area of concern? Yes N	ю					
Physical Appearance	-	-				
I am happy with my height and weight.	1	2	3	4	5	
I am happy with the way that I look.	1	2	3	4	5	
I wish my physical appearance (how I look) were different.*	5	4	3	2	1	
I wish my body were different.*	5	4	3	2	1	
I wish that something about my face or hair looked different.*	5	4	3	2	1	
I think that I am good-looking.	1	2	3	4	5	
Area of concern? Yes N	0					
Scholastic Competence						
I feel that I am very good at my schoolwork.	1	2	3	4	5	
I often forget what I learn.*	5	4	3	2	1	
I feel like I am as smart as other kids my age.	1	2	3	4	5	
I do very well in my classwork.	1	2	3	4	5	1
I am pretty slow in finishing my schoolwork.*	5	4	3	2	1	1
I have trouble figuring out the answers in school.*	5	4	3	2	1	
Area of concern? Yes N	ю					
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