

Academic Skills Assessment

Clinician Notes

ID:

Date:

Follow Up:

Instructions

How much confidence do you have about doing each of the behaviors listed below? Using the scale below, circle the numbers that best represent your confidence.

Very Little ← 1 2 3 4 5 → Quite A Lot

1. Taking well-organized notes during a lecture.

1 2 3 4 5

2. Listening carefully during a lecture on a difficult topic.

1 2 3 4 5

3. Studying enough to understand content thoroughly.

1 2 3 4 5

4. Attending class regularly.

1 2 3 4 5

5. Understanding most ideas presented in class.

1 2 3 4 5

6. Getting good grades.

1 2 3 4 5

7. Spreading out studying instead of cramming.

1 2 3 4 5

4-Week Follow Up

1.) 1 2 3 4 5

2.) 1 2 3 4 5

3.) 1 2 3 4 5

4.) 1 2 3 4 5

5.) 1 2 3 4 5

6.) 1 2 3 4 5

7.) 1 2 3 4 5

Reference: Owens & Froman. (1988). Development of a college self-efficacy scale. Paper presented at the Annual Meeting of the National Council on Measurement in Education, New Orleans.

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