

# Complete Question and Answer List of the Success and Happiness Attributes Questionnaire (SHAQ)

self-scoring with feedback version found on web site at: <http://www.csulb.edu/~tstevens>

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**Note:** For research results related to SHAQ:

- 1- Professional monograph: <http://www.csulb.edu/~tstevens/HQandSHAQresearch.htm>
- 2- Summary of research results: <http://www.csulb.edu/~tstevens/h10conclusions.htm>

## Information Pages

### Opening Page

The SHAQ CARES\* assesses key life skills and other attributes that may be related to success and happiness in a variety of life areas:

- \* self-esteem and internal control
- \* relationships and assertiveness
- \* academic success
- \* optimism and positive thinking
- \* emotional control
- \* self-motivation and self-management
- \* career interests and success. . . .and much more!

Your RESULTS will include your scores, all questions and your answers, PLUS tips and Internet links to relevant self-help information.

SHAQ is based upon our research with over 4,000 people, literature reviews, and clinical experience. SHAQ's scales are significantly correlated with people's reported health and with their reported success and happiness in the areas of relationships, college, career, and overall life happiness. The scales are also significantly related to lower levels of depression, anxiety, and anger.

SHAQ author, Tom G. Stevens PhD, is a psychologist at the Counseling and Psychological Services(CAPS), California State University, Long Beach(CSULB) and author of the book, 'You Can Choose To Be Happy: "Rise Above" Anxiety, Anger, and Depression.'

### Permission Page

Welcome to SHAQ CARES!

1. Answer honestly and work quickly. Completion takes 30-60 minutes (or more if you answer slowly). All questions are included in your results for later deliberation.
2. Any information that can be identified with you will remain strictly confidential and will be disclosed only with your permission or as required by law. However, the data may be used for scientific research (as part of group data) so that we can learn more about factors leading to success and happiness. If you don't complete SHAQ, your data won't be collected.
3. We make no promises of any kind about how much you may benefit from SHAQ or any part of this web site.
4. You may not copy or use the test questions or other information for any purpose other than your own personal use without permission of the author.

This research study is conducted at California State University, Long Beach by Dr. Tom Stevens. For questions regarding your rights as a research subject, contact the Office of University Research, CSU Long Beach, 1250 Bellflower Blvd, Long Beach, CA90840, 562-985-5314 or email to [research@csulb.edu](mailto:research@csulb.edu).

Proceed only if you agree to these conditions.

### User Type Page

SHAQ CARES: Selection of Your Questionnaires

PLEASE CHECK ALL THAT APPLY--so SHAQ can decide which questionnaires to give you.

Type of User Check ALL that apply to you:

- Experienced self-help user. I want a thorough assessment. Finishing quickly most important I want help with a certain problem. I want to choose specific questionnaire(s). Previous SHAQ user.
- CSULB student completing UNIV 100 assignment Other college student completing assignment.
- Other CSULB student completing assignment. Other college student. Other type of student I want ACADEMIC HELP ONLY
- College faculty member or administrator. Instructor wanting to establish credit for students Subject in a SHAQ research project
- None of these categories fit me.

### User Goals Page

PLEASE CHECK ALL THAT APPLY--so SHAQ can decide which questionnaires to give you. Checking more goals can lengthen SHAQ. Help with:

more success and happiness; better grades and/or academic success; self-esteem; procrastination or self-motivation;  
I want help choosing a major or career (additional 10-20 minutes); time management or control of my life;  
marriage or relationships of any type; meeting people, dating more, etc.;  
overcoming loneliness, fear of being alone, or fear of rejection; understanding myself and my motivation;  
coping with unhappiness, apathy, grief, or depression; coping with stress, anxiety, fear, or guilt; coping with anger or aggression;  
I want a complete assessment EXCEPT major choice (45-100 minutes?); I'm not interested in SHAQ for my own self-help;  
I want a complete assessment INCLUDING academic success and college + major choice (60-110 minutes);  
I want a complete assessment EXCEPT academic and college major choice 40-90 minutes);  
I ONLY want help choosing a college major

### Biographical Information Page

1.First Name 2.Middle Initial 3.Last Name 4.email address .5. Last 6 digits of SSN or other ID (9 digit SSN for course credit)  
Example = 111223333: 6.Age 7.Hours work/week 8.Sex 9.Are you completing this for course credit? 10.I live in [USA, Other  
Nation] 11. If not USA, country: 12. If USA, zip code:

## Complete Listing of SHAQ Questions and Answers (Answers in brackets)

====> SPECIAL PRINTING OF QUESTION LIST =====

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>>>>> QUESTIONS FOR SCALE: Biographical Information <<<<<<  
Number of Questions = 8

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1. Highest education completed?  
{Doctorate, Masters Degree, Bachelor's Degree, Two-year Degree, Technical Degree, High School Degree, Didn't Complete High School, Other}
  2. What was your high school grade average?  
{3.75-4.00, 3.50-3.74, 3.25-3.49, 3.00-3.24, 2.75-2.99, 2.50-2.74, 2.25-2.49, 2.00-2.24, 1.75-1.99, 1.50-1.74, 1.25-1.49, 1.00-1.24, Below 1.00, No GPA yet}
  3. What is your overall college grade average?  
{3.75-4.00, 3.50-3.74, 3.25-3.49, 3.00-3.24, 2.75-2.99, 2.50-2.74, 2.25-2.49, 2.00-2.24, 1.75-1.99, 1.50-1.74, 1.25-1.49, 1.00-1.24, Below 1.00, No GPA yet}
  4. Primary Occupation (check ALL that apply, then Click OK):  
{Student, Manager/executive, Professional, People-oriented, Professional, Technical, Consultant, Educator, Sales, Technician, Clerical, Service, Own business +10 employees, Other self-employed, Other}
  5. Highest Personal Income Level:  
{Over \$200,000, \$150,000-200,000, \$125,000-150,000, \$100,000-125,000, \$80,000-100,000, \$60,000-80,000, \$40,000-60,000, \$25,000-\$40,000, \$15,000-25,000, \$5,000-15,000, Less than \$5,000}
  6. Check ALL languages that you speak fluently, then Click OK  
{English, Spanish, Vietnamese, Cambodian, Chinese, Korean, Portuguese, German, French, Other Asian, Other European, Other}
  7. Ethnic heritage (Check PRIMARY heritage region(s), then Click OK:  
{North America, Africa, Northern Europe, Southern Europe, Cambodia, China, Korea, Japan, Vietnam, Other Asian, Mexico, Central America, South America, Pacific Island, Other or prefer not to answer}
  8. What is your primary religious affiliation or preference?  
{Catholic, Jewish, Islam, Latter Day Saints--Mormon, Buddhist, Protestant--Baptist, Protestant--United Methodist, Protestant--Episcopal, Protestant--Lutheran, Protestant--Presbyterian, Protestant--Other Liberal, Protestant--Other Fundamentalist or Conservative, No affiliation, Agnostic or Atheist, Other or prefer not to answer}
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>>>>> QUESTIONS FOR SCALE: Academic Achievements and Aptitudes Scale <<<<<<  
Number of Questions = 13

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1. What was the highest level of education reached by EITHER of your PARENTS?  
{Doctoral degree, Masters degree, Bachelors (4-year)college degree, High school degree, Some high school-- no degree, Junior high (middle) school, Elementary school, Less than elementary school}
2. What school do you attend?  
{California State University, Long Beach, Another Calif State University campus, A University of California campus, A public university in another state, Private university in California, Private university in another state, Community college in California, Community college in another state, College or university in another nation, Graduate school independent of a college, Technical

school, High school, Unsure or Other}

3. What is your current class level?

{In doctoral level program, In masters level program, Other graduate school, Senior, Junior, Sophomore, Freshman, First semester Freshman, Taking courses for personal or career development only, Unsure or Other}

4. What is your ultimate educational objective?

{Doctorate, Masters degree, Bachelor's Degree (4-year degree), Community college degree (2-year degree), Technical school degree, High school degree, Unsure or Other}

5. What is your major area of study?

{Liberal arts (a language, history, etc.), Social or behavioral science (psychology, sociology, etc.), Biological science, Art, Other natural science (physics, chemistry, etc.), Business, Engineering, Education, Medical or health-related, Other computer-related, Other technical, Recreation or physical education-related, Does not apply, Undecided or don't know}

6. Check ALL that apply to you

{Transferred from a community college to 4-year college, Transferred from another 4-year college, Adult returning to school, EOP Student, U.S. Immigrant, Here on student Visa, In Honors program, Visa Student, Disabled student, Out of state student, Military--active or veteran, Athlete on college team, None of above}

7. Your home situation

{SINGLE--Live WITH PARENTS, SINGLE--Live IN DORMS, SINGLE caring for children, SINGLE--Other situation, MARRIED without children, MARRIED with children, MARITAL-LIKE RELATIONSHIP, OTHER}

8. How many units are you currently enrolled in?

{Over 20, 18-19, 17-18, 15-16, 13-14, 11-12, 9-10, 7-8, 5-6, 3-4, 1-2, 0}

9. What is your grade average in your major field of study?

{3.75-4.00, 3.50-3.74, 3.25-3.49, 3.00-3.24, 2.75-2.99, 2.50-2.74, 2.25-2.49, 2.00-2.24, 1.75-1.99, 1.50-1.74, 1.25-1.49, 1.00-1.24, Below 1.00, No GPA yet}

10. What is your current academic status?

{President's List--over 3.5 GPA last semester, Dean's List--over 3.0 GPA last semester, Satisfactory--over 2.0 GPA, On Academic Probation, Disqualified, Don't know}

11. What best describes your grade average trend/changes?

{CONSISTENTLY HIGH (3.0-4.0), INCREASED significantly after an ABSENCE from school, INCREASED significantly within that past year or so, INCREASED significantly a few semesters ago, Was LOWER, but has GRADUALLY INCREASED., CONSISTENTLY AVERAGE (2.0-3.0), DECREASED significantly a few semesters ago, DECREASED significantly within the past year or so, CONSISTENTLY LOW (less than 2.0), UP and DOWN dramatically in recent years, Other}

12. In which percentile range were your VERBAL APTITUDE (SAT, ACT)scores?

{Greater than 90 percent, 80 to 89 percent, 70 to 79 percent, 60 to 69 percent, 50 to 59 percent, 40 to 49 percent, 30 to 39 percent, 20 to 29 percent, 10 to 19 percent, Less than 10 percent}

13. In which percentile range were your MATH APTITUDE (SAT, ACT)scores?

{Greater than 90 percent, 80 to 89 percent, 70 to 79 percent, 60 to 69 percent, 50 to 59 percent, 40 to 49 percent, 30 to 39 percent, 20 to 29 percent, 10 to 19 percent, Less than 10 percent}

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>>>>> QUESTIONS FOR SCALE: Academic Motivation and Satisfaction Scale <<<<<<

Number of Questions = 13

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1. I really look forward to coming to campus.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

2. I like my instructors very much and feel that I can talk freely with at least one of them.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

3. I feel extremely comfortable with the faculty and students in my major.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

4. I have current school-related friends that I enjoy being with.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

5. Meeting expectations of my parents or others is the most important reason I am in school.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

6. I really enjoy all my learning, classes, and homework.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

7. I am in school primarily to get the job/career I want.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or

midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

8. I wouldn't be in school if I could make as much money without it.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

9. I don't know why I am in school or what I want from an education.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

10. Which statement describes your financial support best?

{Fully self-supporting, Almost fully self-supporting, Depend heavily on financial aide, Family support and work, Entirely supported by family, Other }

11. I am enjoying life and having fun while in school.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

12. Overall, how happy are you with your college experience?

{Extremely happy, Moderately happy, Mildly happy, Unsure or neutral, Mildly unhappy, Moderately unhappy, Extremely unhappy }

13. Overall, I am happy with my grades and what I am learning.

{Extremely happy, Moderately happy, Mildly happy, Unsure or neutral, Mildly unhappy, Moderately unhappy, Extremely unhappy }

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>>>>> QUESTIONS FOR SCALE: Academic Motivation Scale <<<<<<

Number of Questions = 13

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1. Check ALL that interfere significantly with your learning or grades.

{Financial worries, Family pressures, Family responsibilities, Time spent working in a job, Pressures at work, Relationship problems, Loneliness, No good place to study where I live, No good place to study at school, Lack of adequate computer availability, Taking the wrong classes, Lack of connection with faculty, Lack of connection with students, Low motivation to study, Too many conflicting things to do, Procrastinate too much }

2. On average, how many hours do you study outside class for each hour in class?

{More than 3 hours per hour in class, 3 hours per hour in class, 2 hours per hour in class, 1 hour per hour in class, Less than 1 hour per hour in class }

3. I almost never drop a course or take an incomplete(or wouldn't if you've not taken any.)

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

4. I almost never miss a class, and my activities rarely interfere with my schoolwork.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

5. Others where I live RARELY expect me to help them, do chores, or socialize with them if it interferes with my studies.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

6. My family and friends very strongly encourage my studying and doing well in school.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

7. When I start working on a task or problem, reading an assignment, or writing, my concentration is so great and I get so involved that almost nothing can distract me.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

8. My schedule gives me so little time to study that it seriously affects my grades.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

9. I am able to manage my college life extremely well myself--with little or no help or support from others

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

10. Confidence that you will complete your college degree.

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }

11. There is almost no possibility that I will drop out of college during the next year.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

12. Confidence that you have adequate financial means to complete college.

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }

13. I have been so highly motivated to get the college degree I seek for so long that almost nothing could stop me now.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

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>>>>> QUESTIONS FOR SCALE: Learning and Study Skills Scale. <<<<<<

Number of Questions = 12

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1. I have a good place where I can study as much as I want with minimal distractions.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

2. Whenever I read a chapter in a text, I always do the following:

1-Get an OVERVIEW OF THE CHAPTER FIRST

2-Actively try to get the main point of each paragraph or section.

3-Summarize what I have learned when I finish a major section or chapter.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

3. Whenever I don't understand something I am reading, I almost never just continue reading. Instead I look up parts I don't know, visualize it, or think about it until I understand it.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

4. In studying for a big exam,

I always review ALL of the assigned material

AT LEAST 3 TIMES within 2 days of the exam.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

5. I almost always create some type of visual overview (or "map") of my text chapters.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

6. In math or science courses, I focus my energy on understanding the basic principles--not just getting answers to problems.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

7. If I find a text boring, I almost always find ways of making it interesting.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

8. Every time I go over material I try to view it a new way instead of using rote memory methods.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

9. I try to associate new material with as many things in my own experiences as I can.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

10. When I am reading and come to a part that is very difficult to understand, I almost never just go on. Instead I almost always struggle with it until I understand it well.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

11. I enjoy learning about theories and enjoy building my own theories about what I am learning in class.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

12. I almost always study alone or with minimal help from others, and when I get help from others it is only after I thoroughly wrestled with the problem myself.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

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>>>>> QUESTIONS FOR SCALE: Basic Academic Learning Factors Scale. <<<<<<

Number of Questions = 12

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1. I enjoy math and don't seem to have any great difficulty in doing problems correctly.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

2. I make "A"s on almost all of the term papers I write and almost all of the essay tests that I take.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

3. When I read my textbooks, I almost always underline, make notes, outline, or summarize as I am reading.  
{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}
  4. I am satisfied with the way I take notes in class and with their usefulness to me as I study for my tests.  
{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}
  5. I am satisfied with all my writing skills such as spelling, grammar, and punctuation.  
{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}
  6. I don't seem to have any visual problems when I read.  
{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}
  7. As I read my textbooks and outside reading for my classes, I don't seem to have any problems with the vocabulary or in understanding the writer's thought patterns.  
{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}
  8. I think that I read slower than most of my classmates.  
{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}
  9. I don't seem to have any difficulty in remembering new terms, formulas, or facts.  
{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}
  10. I rarely feel tense during my examinations.  
{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}
  11. I am satisfied with the result of my studying in relation to the time I spend at it.  
{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}
  12. When I write, I don't have any great difficulty in organizing what I want to say.  
{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}
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>>>>> QUESTIONS FOR SCALE: Potential Learning Disabilities Scale. <<<<<<  
Number of Questions = 13

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1. Do you have a great deal of difficulty understanding assignments and beginning them?  
{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}
2. Were you ever made to feel that you were not college material?  
{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}
3. Do you feel that you know the material, but are unable to do well on a test?  
{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}
4. Would you feel very unsure about turning in a paper that has been proofread by someone else?  
{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}
5. Do you usually have to read textbooks 2-3 times or more to make sense of them?  
{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}
6. Do you feel that you put in more time and effort on schoolwork than your classmates but get similar or poorer grades?  
{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}
7. Could you do better on tests if you were allowed a lot more time?  
{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}
8. Do you spend too much time on one assignment which causes you to not complete other assignments?  
{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}
9. Does reading for one hour make you very tired?  
{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or

midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

10. Do you feel more anxiety about tests than most of your classmates?

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

11. Do you feel that you're a lot smarter than your grades indicate?

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

12. Do you avoid reading so much that it is a big problem?

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

13. Do you generally read much slower than other people?

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

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>>>>> QUESTIONS FOR SCALE: Self Management Skills <<<<<<

Number of Questions = 15

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1. I rarely get upset about being too rushed, having too many things to do, or not having any time to relax.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

2. I spend a lot of time thinking about the future, making plans, and working toward completing distant goals.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

3. Frequency that you get vigorous exercise for a minimum of 20 minutes:

{More than once per day, Once per day, 6 per week, 5 per week, 4 per week, 3 per week, 2 per week, Once per week, 3 per month, 2 per month, Once per month, Less than once per month }

4. I eat a very healthy diet, (vitamins, minerals, balanced meals, fiber, low fat, etc.) do not drink excessively, smoke, or take drugs.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

5. Number of hours I average sleeping per night:

{12 or more, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, 0 }

6. I have been successful in consciously planning and greatly improving a number of important aspects of myself such as my interpersonal relations, coping with my emotions, self-discipline, smoking, overeating, or study habits.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

7. If I am facing a task or assignment that is very boring, very confusing, or very frustrating, I will almost always start it without any procrastination and continue to work diligently until it is completed at a high level of quality.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

8. I make a PRIORITIZED TASK LIST which covers to-do's from my school, work, social, recreation, and other areas of my life at least once per week.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

9. At least twice a year I spend several hours making a list of GOALS and SPECIFIC OBJECTIVES for myself for each area of my life and use these goals/objectives regularly during the year planning my weekly activities at least twice per year.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

10. I make a WEEKLY SCHEDULE of how I want to spend my time during the week--scheduling times for classes, study, friends, work, recreation, and other important activities. I use this schedule weekly.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

11. I make a COMPREHENSIVE SCHEDULE of ALL ASSIGNMENTS and PROJECTS and their DUE DATES for the ENTIRE semester, quarter, year, etc., and regularly use that schedule to see what I need to do next.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

12. I am extremely busy with many things to do, but feel that I am accomplishing a great deal in most of my life areas, enjoy my life a great deal, and rarely feel under too much pressure from too many things to do.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

13. I work on self-improvement regularly by reading, counseling, taking non-required classes, or other activities to consciously improve myself.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

14. I would say that I lead a very balanced lifestyle. I have time and energy for my school, my work, friends and family, the opposite sex, relaxation, physical activity, my spiritual life, and recreation. In addition, almost all of these life areas are providing me with a great deal of satisfaction.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

15. If I get good advice from reading or another person, I almost always make a conscious effort to follow that advice and even change life-long habits.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

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>>>>> QUESTIONS FOR SCALE: Emotional Coping Skills Scale <<<<<<

Number of Questions = 20

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1. For each of the following questions:

When you have NEGATIVE FEELINGS such as being UNHAPPY, ANXIOUS, ANGRY, ANXIOUS, or are under STRESS,

check the estimated percent (0-100%) of the time you make the following RESPONSE:

==> Worry, think negative thoughts, think of problems without thinking of good solutions

{81 to 100 percent, 61 to 80 percent, 41 to 60 percent, 21 to 40 percent, 1 to 20 percent, never/almost never}

2. Percent of the time WHEN YOUR FEEL UPSET that you:

==> Eat.

{81 to 100 percent, 61 to 80 percent, 41 to 60 percent, 21 to 40 percent, 1 to 20 percent, never/almost never}

3. Percent of the time WHEN YOUR FEEL UPSET that you:

==> Face the problem directly, think about what caused the feelings, think of possible solutions, and take action to solve the underlying problem.

{81 to 100 percent, 61 to 80 percent, 41 to 60 percent, 21 to 40 percent, 1 to 20 percent, never/almost never}

4. Percent of the time WHEN YOUR FEEL UPSET that you:

==> Outwardly express anger by losing your temper, crying, damaging something, or getting even.

{81 to 100 percent, 61 to 80 percent, 41 to 60 percent, 21 to 40 percent, 1 to 20 percent, never/almost never}

5. Percent of the time WHEN YOUR FEEL UPSET that you:

==> Avoid thinking about problems by sleeping, keeping busy, or putting it off.

{81 to 100 percent, 61 to 80 percent, 41 to 60 percent, 21 to 40 percent, 1 to 20 percent, never/almost never}

6. Percent of the time WHEN YOUR FEEL UPSET that you:

==> Think about who's fault it is, blame yourself, or blame others.

{81 to 100 percent, 61 to 80 percent, 41 to 60 percent, 21 to 40 percent, 1 to 20 percent, never/almost never}

7. Percent of the time WHEN YOUR FEEL UPSET that you:

==> Withdraw from others, feel hurt, hold your emotions in, feel sorry for yourself.

{81 to 100 percent, 61 to 80 percent, 41 to 60 percent, 21 to 40 percent, 1 to 20 percent, never/almost never}

8. Percent of the time WHEN YOUR FEEL UPSET that you:

==> Do something involving or fun to get rid of the feelings (listen to music, read, socialize, shop, walk, etc.)

{81 to 100 percent, 61 to 80 percent, 41 to 60 percent, 21 to 40 percent, 1 to 20 percent, never/almost never}

9. Percent of the time WHEN YOUR FEEL UPSET that you:

==> Talk to someone else about the problem/feelings (friend, family member, counselor, etc.)

{81 to 100 percent, 61 to 80 percent, 41 to 60 percent, 21 to 40 percent, 1 to 20 percent, never/almost never}

10. Percent of the time WHEN YOUR FEEL UPSET that you:

==> Think about positive thoughts and goals and/or give yourself a pep talk.

{81 to 100 percent, 61 to 80 percent, 41 to 60 percent, 21 to 40 percent, 1 to 20 percent, never/almost never}

11. Percent of the time WHEN YOUR FEEL UPSET that you:



==> Smoke a cigarette or tobacco product.  
{81 to 100 percent, 61 to 80 percent, 41 to 60 percent, 21 to 40 percent, 1 to 20 percent, never/almost never}

12. Percent of the time WHEN YOUR FEEL UPSET that you:

==> Drink an alcoholic beverage, take street drugs, or use prescribed medication.  
{81 to 100 percent, 61 to 80 percent, 41 to 60 percent, 21 to 40 percent, 1 to 20 percent, never/almost never}

13. Percent of the time WHEN YOUR FEEL UPSET that you:

==> Participate in a vigorous physical activity (e.g., tennis, running, exercise, dancing, aerobics, etc.)  
{81 to 100 percent, 61 to 80 percent, 41 to 60 percent, 21 to 40 percent, 1 to 20 percent, never/almost never}

14. Percent of the time WHEN YOUR FEEL UPSET that you:

==> Think of the problem from a very critical or punitive point of view. (Examples: "I must not make mistakes." or "God may send me to Hell").

{81 to 100 percent, 61 to 80 percent, 41 to 60 percent, 21 to 40 percent, 1 to 20 percent, never/almost never}

15. Percent of the time WHEN YOUR FEEL UPSET that you:

==> Get angry at yourself, think negative thoughts about yourself, or call yourself names.  
{81 to 100 percent, 61 to 80 percent, 41 to 60 percent, 21 to 40 percent, 1 to 20 percent, never/almost never}

16. Percent of the time WHEN YOUR FEEL UPSET that you:

==> Think of the problem from a constructive (philosophical or religious?) point of view that makes you feel better.  
{81 to 100 percent, 61 to 80 percent, 41 to 60 percent, 21 to 40 percent, 1 to 20 percent, never/almost never}

17. Percent of the time WHEN YOUR FEEL UPSET that you:

==> Examine your underlying expectations of yourself (or others) and reset them to more realistic levels.  
{81 to 100 percent, 61 to 80 percent, 41 to 60 percent, 21 to 40 percent, 1 to 20 percent, never/almost never}

18. Percent of the time WHEN YOUR FEEL UPSET that you:

==> Tell yourself that you can be happy no matter what happens.  
{81 to 100 percent, 61 to 80 percent, 41 to 60 percent, 21 to 40 percent, 1 to 20 percent, never/almost never}

19. How often have you missed work, school, or other important activities because you were so upset (anxious, depressed, etc.) that you couldn't cope.

{More than 60 days per year, About 31-60 days per year, About 15-30 days per year, About 7-14 days per year, About 4-6 days per year, About 1-3 per year, Less than once per year}

20. How much do you enjoy exploring and analyzing your feelings, thoughts, beliefs, and memories.

{Extremely important to me, Very important to me, Moderately important to me, Mildly important to me, Not sure if important or not to me, Mildly negative to me, Moderately negative to me, Very negative to me, Extremely negative to me}

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>>>>> QUESTIONS FOR SCALE: Life Themes and Values Scale 1: Achievement, Success, and Material Values <<<<<<  
Number of Questions = 9

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1. INSTRUCTIONS FOR Life Themes, Dreams, and Values:

Answer each question according to how important that theme is to you.

QUESTION 1: Being the best at whatever I do (example: making top grades). Achieving more than most other people.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me}

2. EDUCATION: Earning at least a bachelor's or higher degree--preferably a master's or doctorate and making top grades.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me}

3. INCOME: Making a lot of money, preferably becoming a millionaire, or multimillionaire.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me}

4. POSSESSIONS: Having top quality (expensive) possessions--home, car, electronics, jewelry, etc.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me}

5. SUCCESS: Being extremely successful in my career--rising to the top in it.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me}

6. IMPACT: Having a major impact on changing the world to make it a better place.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

7. CREATION: Creating something that I feel is a major contribution (e.g. invention, bridge, book, house, work of art, etc.).

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

8. POWER: Being president, CEO, owner, etc. of an important organization OR having a great amount of influence or control over others.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

9. COMPLETION and ACHIEVEMENT: Accomplish all my important goals.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

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>>>>> QUESTIONS FOR SCALE: Life Themes and Values Scale 2: Social and Interpersonal Values <<<<<<

Number of Questions = 10

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1. INSTRUCTIONS FOR Life Themes, Dreams, and Values:

Answer each question according to how important that theme is to you.

LOVE-ROMANCE: Having a wonderful, romantic marriage/relationship.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

2. PLEASING: Pleasing others, avoiding conflict, keeping relationships pleasant.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

3. RESPECT: Being highly respected by others, and being seen as an important, successful, and/or good person by others.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

4. INTIMACY: Having a few extremely close and long-term relationships.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

5. WELL-LIKED: Being well liked by everyone. Having many friends and networking with many others.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

6. CARE-GIVING: Be a good parent, or take care of others in need.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

7. EMOTIONAL SUPPORT: Having people in my life to support me if I'm upset or having a problem.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

8. ATTENTION: Being the center of attention, entertaining others, or performing in front of groups.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

9. FAMILY: Family members and family matters, events, traditions, etc.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

10. RECOGNITION: Having respect, recognition, status, position, and/or other signs of success.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

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>>>>> QUESTIONS FOR SCALE: Life Themes and Values Scale 3: Authority and Rule-Orientation Values <<<<<<

Number of Questions = 6

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1. INSTRUCTIONS FOR Life Themes, Dreams, and Values:

Answer each question according to how important that theme is to you.

PERSONAL HEALING: Overcoming past family or personal problems that have hurt me in the past.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

2. OBEDIENCE: Obeying God and living according to His commands and rules.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

3. PARENTAL LOVE and RESPECT: Being respected and loved by my parent(s) or other authorities.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

4. SELF-PROTECTION: Protecting myself from others and the harm they have done to me or may do to me.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

5. PUNCTUALITY: Being on time, timeliness.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

6. DUTY and OBLIGATION, obeying the rules and expectations of one's family or group--even if it goes against one's own happiness.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

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>>>>> QUESTIONS FOR SCALE: Life Themes and Values Scale 4: Internal Mental or Spiritual Values <<<<<<

Number of Questions = 30

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1. INSTRUCTIONS FOR Life Themes, Dreams, and Values:

Answer each question according to how important that theme is to you.

ADVENTURE: Having a life of adventure and excitement with many new experiences.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

2. LEARNING: Learning, self-development, and growing to be the best I can be.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

3. SELF-HAPPINESS: Living the happiest life I can.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

4. GIVING: Contributing to others' health/happiness and making the world a better place.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

5. SPIRITUAL INTIMACY: Having a very close relationship with God.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

6. INDEPENDENCE: Being independent, and living according to my own values and dreams.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

7. HEALTH: Having an exceptionally healthy body and living to be 100--by exceptional nutrition, exercise, no use of drugs or smoking, etc.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

8. BALANCE: Having balance in my life--even at the cost of not achieving as much in my career or any other area.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

9. ORDERLINESS: Having good organization or logical order, being systematic, etc.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

10. MENTAL CHALLENGE: Be mentally challenged with difficult and/or creative mental tasks.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

11. EXPLORATION: Exploring the unknown, seeking the answers to mysteries.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

12. COMPETENCE: Being the best I can be and achieving the most competence I can at whatever I do.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

13. INTEGRITY: Having integrity; pursuing my own values, beliefs, and goals above what others think; being honest with myself and others; etc.

{The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

14. PERSONAL PHILOSOPHY: Developing a positive, well thought out personal belief system and living according to those beliefs.  
 {The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

15. CLEANLINESS: Keeping everything clean, free of dirt, germs, pollution, etc.  
 {The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

16. WHOLENESS (unity, integration, organization, simplicity, etc.).  
 {The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

17. PERFECTION and idealism for self, others, nature.  
 {The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

18. JUSTICE (fairness, getting what one has earned or deserved).  
 {The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

19. SIMPLICITY.  
 {The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

20. BEAUTY of all types in all things.  
 {The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

21. GOODNESS and functionality (versus dysfunctional, evil, or harmful).  
 {The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

22. UNIQUENESS and DIVERSITY (idiosyncrasy, individuality, variety, novelty).  
 {The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

23. CREATIVENESS: Producing new, original ideas, art, objects, actions, etc.  
 {The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

24. EFFORTLESSNESS (ease, grace, beautifully functioning).  
 {The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

25. FUN and PLAYFULNESS (fun, joy, amusement, humor).  
 {The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

26. SELF-SUFFICIENCY (autonomy, independence, environment-transcending, taking care of oneself, separateness, living by own laws).  
 {The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

27. SELF-DISCIPLINE, self-control, control over one's own thoughts, emotions, and actions to be consistent with one's highest values and goals.  
 {The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

28. GOD and/or SPIRITUALITY: A rich spiritual life that is the center of my life.  
 {The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

29. RELIGION and the church or religious group to which I belong.  
 {The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

30. UNCONDITIONAL LOVE: Unconditionally loving myself and everyone in the world.  
 {The most important thing in my life, One of the most important things in my life, Extremely important, Very important, Moderately important, Mildly important, Not important, unsure, or neutral, Negative to me, Very negative to me, Extremely negative to me }

>>>>> QUESTIONS FOR SCALE: Unconditional Worth of Self and Others Scale <<<<<<

Number of Questions = 13

1. I should always put other people's needs before my own.

{The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief,

- Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }
2. I should be loved or liked by everyone I meet.  
 {The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief, Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }
3. I am weak and dependent on strong people for my happiness.  
 {The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief, Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }
4. I must be the best at everything I do.  
 {The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief, Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }
5. I am entitled to a good life, and people I care for should try to help meet my needs.  
 {The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief, Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }
6. We must run our lives by rules, and people who break those rules must be severely punished or we will have chaos.  
 {The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief, Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }
7. There are winners and losers. If you are not strong and take advantage of others before they take advantage of you and you will be a loser.  
 {The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief, Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }
8. I try to properly balance present with future happiness and balance my own with others' happiness-- a key to inner harmony.  
 {The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief, Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }
9. For every decision I make--especially big ones--I attempt to estimate which alternative will lead to the greatest happiness and choose that alternative.  
 {The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief, Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }
10. I am grateful for the gift of life. I was given the gift of life and the opportunity to create a happy life for myself. I did not earn or deserve life or this opportunity--so I will not complain about not having what others do or not getting what I want or need.  
 {The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief, Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }
11. There are one or more aspects (or parts) of myself that I have a hard time accepting or do not like.  
 {The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief, Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }
12. I value all people unconditionally just because they are human. Attributes such as background, ethnicity, social group, income, accomplishments, and even their personality or morality aren't relevant to their basic value as humans.  
 {The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief, Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }
13. I could love myself and value my own happiness unconditionally no matter what mistakes or bad things I may do.  
 {The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief, Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }

>>>>> QUESTIONS FOR SCALE: Life Beliefs Scale: Identity and Ethics <<<<<<

Number of Questions = 14

1. There is no 'absolute' right and wrong or good or bad--it depends upon factors like your point of view, the situation, or one's cultural background.  
 {The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief,

- Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }
2. Bad things only happen to people because of something bad they have done.  
 {The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief, Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }
3. If a person has a bad environment and/or genetics, they aren't really responsible for what they do.  
 {The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief, Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }
4. One group in my life (such as my family, nation, culture, or religion) is so important that I would be almost nothing without them. Life wouldn't be worth living.  
 {The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief, Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }
5. Life has no meaning in itself, any meaning must be supplied by the individual.  
 {The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief, Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }
6. People can only be completely forgiven and guilt-free if they are good enough (do enough of the right things).  
 {The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief, Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }
7. Goodness (or being forgiven) depends much more on attitude than good deeds.  
 {The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief, Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }
8. There is a lot of good in all people no matter what they believe or have done.  
 {The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief, Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }
9. If society would base everything upon reason and science, we would have nothing to worry about.  
 {The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief, Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }
10. I believe in phenomena like communicating with spirits of the deceased, seeing into the future, and astrology.  
 {The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief, Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }
11. I identify with all humanity more than any single group.  
 {The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief, Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }
12. I believe in some form of life after death.  
 {The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief, Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }
13. Being part of a progressive movement is more important to me than my family or any other group.  
 {The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief, Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }
14. Despite some doubts, I have a set of strong core beliefs [about God, Nature, Humanity, Right and Wrong, Myself etc.] that I use daily to guide me in all aspects of life.  
 {The most important belief in my life, One of the most important beliefs in my life, Extremely important belief, Very important belief, Moderately important belief, Mildly important belief, Not important, unsure, or neutral about this, Disagree, negative to me, Strongly disagree, very negative to me, Extremely disagree, extremely negative to me }

>>>>> QUESTIONS FOR SCALE: Internal External Control Scale <<<<<<  
 Number of Questions = 7

1. I am extremely good at taking care of myself and any problems I might run into.

- {EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}
2. Relative to outside forces like destiny, other people, luck, fate, God, government, organizations, and anything else, I am the one who has by far the greatest amount of control over my own life and happiness.  
{EXTREMELY agree, MODERATELY agree, MILDLY agree, UNCERTAIN, neutral, or midpoint, MILDLY disagree, MODERATELY disagree, EXTREMELY disagree}
3. Genetics and my biology are primarily responsible for my personality and my emotional reactions.  
{EXTREMELY agree, MODERATELY agree, MILDLY agree, UNCERTAIN, neutral, or midpoint, MILDLY disagree, MODERATELY disagree, EXTREMELY disagree}
4. People in my life are primarily responsible for my personality and my emotional reactions.  
{EXTREMELY agree, MODERATELY agree, MILDLY agree, UNCERTAIN, neutral, or midpoint, MILDLY disagree, MODERATELY disagree, EXTREMELY disagree}
5. I am very dependent upon someone (parent, spouse, etc.) to support or take care of me (emotionally, financially, socially, etc.).  
{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}
6. I worry more about caring for someone else's needs or feelings than my own (e.g. family member(s), lover, friend(s), etc.).  
{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}
7. I worry a great deal about taking care of someone with a serious problem (e.g. illness, an addiction, a psychological disorder, etc.).  
{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}
- 

>>>>> QUESTIONS FOR SCALE: Positive World View Scale <<<<<<  
Number of Questions = 9

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1. The world will gradually improve in most important respects (materially, socially, environmentally, spiritually, etc.).  
{EXTREMELY agree, MODERATELY agree, MILDLY agree, UNCERTAIN, neutral, or midpoint, MILDLY disagree, MODERATELY disagree, EXTREMELY disagree}
2. The world is controlled by forces beneficial to humans (and me).  
{EXTREMELY agree, MODERATELY agree, MILDLY agree, UNCERTAIN, neutral, or midpoint, MILDLY disagree, MODERATELY disagree, EXTREMELY disagree}
3. My life will generally improve.  
{EXTREMELY agree, MODERATELY agree, MILDLY agree, UNCERTAIN, neutral, or midpoint, MILDLY disagree, MODERATELY disagree, EXTREMELY disagree}
4. Life has been extremely unfair to me.  
{EXTREMELY agree, MODERATELY agree, MILDLY agree, UNCERTAIN, neutral, or midpoint, MILDLY disagree, MODERATELY disagree, EXTREMELY disagree}
5. I am entitled to the basic necessities of life such as good health care, good income, people caring for me, etc.  
{EXTREMELY agree, MODERATELY agree, MILDLY agree, UNCERTAIN, neutral, or midpoint, MILDLY disagree, MODERATELY disagree, EXTREMELY disagree}
6. Someone has injured me so much that it has ruined my life.  
{EXTREMELY agree, MODERATELY agree, MILDLY agree, UNCERTAIN, neutral, or midpoint, MILDLY disagree, MODERATELY disagree, EXTREMELY disagree}
7. I have all I need to be happy.  
{EXTREMELY agree, MODERATELY agree, MILDLY agree, UNCERTAIN, neutral, or midpoint, MILDLY disagree, MODERATELY disagree, EXTREMELY disagree}
8. I am extremely grateful for having so much.  
{EXTREMELY agree, MODERATELY agree, MILDLY agree, UNCERTAIN, neutral, or midpoint, MILDLY disagree, MODERATELY disagree, EXTREMELY disagree}
9. Percent of the time you have positive thoughts VERSUS negative thoughts.  
{Greater than 90 percent, 80 to 89 percent, 70 to 79 percent, 60 to 69 percent, 50 to 59 percent, 40 to 49 percent, 30 to 39 percent, 20 to 29 percent, 10 to 19 percent, Less than 10 percent}
- 

>>>>> QUESTIONS FOR SCALE: Greatest Fears Scale <<<<<<  
Number of Questions = 12

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1. INSTRUCTIONS: For the next set of questions, please respond according to how much fear or anxiety you have about each item.  
Fear of not getting a job or career you will be happy with.  
{The most important fear in my life, One of the most important fears in my life, Extremely important fear, Very important fear,

Moderately important fear, Mildly important fear, No fear at all}

2. Fear of not having enough income or money.

{The most important fear in my life, One of the most important fears in my life, Extremely important fear, Very important fear, Moderately important fear, Mildly important fear, No fear at all}

3. Fear of having a serious illness.

{The most important fear in my life, One of the most important fears in my life, Extremely important fear, Very important fear, Moderately important fear, Mildly important fear, No fear at all}

4. Fear of death.

{The most important fear in my life, One of the most important fears in my life, Extremely important fear, Very important fear, Moderately important fear, Mildly important fear, No fear at all}

5. Fear of being alone.

{The most important fear in my life, One of the most important fears in my life, Extremely important fear, Very important fear, Moderately important fear, Mildly important fear, No fear at all}

6. Fear of not ever having a good marriage and/or family life.

{The most important fear in my life, One of the most important fears in my life, Extremely important fear, Very important fear, Moderately important fear, Mildly important fear, No fear at all}

7. Fear of not having close enough friends.

{The most important fear in my life, One of the most important fears in my life, Extremely important fear, Very important fear, Moderately important fear, Mildly important fear, No fear at all}

8. Fear of not becoming the kind of person you want to be.

{The most important fear in my life, One of the most important fears in my life, Extremely important fear, Very important fear, Moderately important fear, Mildly important fear, No fear at all}

9. Fear of never overcoming some personal, psychological, or other type of problem.

{The most important fear in my life, One of the most important fears in my life, Extremely important fear, Very important fear, Moderately important fear, Mildly important fear, No fear at all}

10. Fear that something about you will be discovered, punished, or made public.

{The most important fear in my life, One of the most important fears in my life, Extremely important fear, Very important fear, Moderately important fear, Mildly important fear, No fear at all}

11. Fear of not obtaining the academic or career success you want.

{The most important fear in my life, One of the most important fears in my life, Extremely important fear, Very important fear, Moderately important fear, Mildly important fear, No fear at all}

12. Degree of belief that even if your worst fear(s) happened, you could learn how to be happy.

{EXTREMELY agree, MODERATELY agree, MILDLY agree, UNCERTAIN, neutral, or midpoint, MILDLY disagree, MODERATELY disagree, EXTREMELY disagree}

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>>>>> QUESTIONS FOR SCALE: Self Acceptance, Skills, and Confidence Scale <<<<<<

Number of Questions = 41

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1. For each of the following questions,

Rate how much confidence you have in each type of knowledge and skill area.

Learning and study skills

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic}

2. Critical thinking and logic--ability to examine statements critically and think logically

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic}

3. Research and methodology

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic}

4. Analytical thinking--ability to conceptually break wholes into component parts

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic}

5. Synthesis--ability to put confusing pieces together into meaningful wholes

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic}

6. Creative thinking and ability to produce creative ideas, projects, activities, etc.

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic}

7. Computer-related skills

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic}



pessimistic }

8. Biological Science

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }

9. Natural Science (physics, chemistry, etc.)

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }

10. Liberal Arts (literature, history, English, languages, etc.)

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }

11. Behavioral and Social Sciences (psychology, sociology, political science, etc.)

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }

12. Philosophy and/or Religion

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }

13. Performing Arts (music, dance, theatre arts, etc.)

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }

14. Fine Arts (art, design, etc.)

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }

15. Business or Management

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }

16. Health or Medicine

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }

17. Engineering or Technical

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }

18. Education, Counseling, or Helping-Related

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }

19. Overall intelligence (IQ)

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }

20. Life and career decision-making and planning

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }

21. Time management

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }

22. Emotional coping skills--ability to prevent and overcome negative emotions effectively

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }

23. Self-development--ability to change your own behavior, habits, and personality

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }

24. Self-motivation--ability to motivate yourself to do unpleasant tasks even under adverse conditions

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }

25. Task or achievement motivation and work habits--highly focused and productive work habits.

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }

26. Managing finances and money

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }

27. Health-management--detailed knowledge about health and longevity factors and habit reflecting that knowledge

{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }

28. Meeting people and talking to strangers

- {Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }
29. Empathetic listening skills--ability and practice of understanding inner meaning of what others say  
{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }
30. Self-disclosure--ability and practice of sharing openly innermost feelings and intimate information with close friends and family  
{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }
31. Conflict resolution skills--ability to calmly and effectively resolve interpersonal conflict situations  
{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }
32. Persuasion skills--ability to influence others  
{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }
33. Management and leadership skills  
{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }
34. Helping and teaching skills  
{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }
35. Public speaking skills  
{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }
36. Job search and interviewing skills  
{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }
37. Very adaptable, flexible, and resourceful--ability to rapidly adapt to and be successful in almost any situation.  
{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }
38. "Happiness IQ"--knowledge and ability of how to make yourself happy in any possible situation and overall.  
{Extremely confident, Moderately confident, Mildly confident, Uncertain, Mildly pessimistic, Moderately pessimistic, Extremely pessimistic }
39. Very optimistic, positive, highly motivated person overall.  
{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }
40. Very caring, friendly, and outgoing person overall.  
{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }
41. Very strong, independent, self-disciplined person overall.  
{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

>>>>> QUESTIONS FOR SCALE: Interpersonal Communication and Conflict Resolution Scale <<<<<<

Number of Questions = 24

#### 1. INSTRUCTIONS FOR ALL QUESTIONS ON THIS SCALE:

Apply all questions on this scale to your closest relationship. If you are married or in a close romantic relationship, apply them to that relationship. OR, you may apply them to an imagined future relationship. OR, if you want help in working on a particular relationship, answer according to how the questions apply to that relationship.

Question 1. When my partner and I have a discussion or arguement, we almost always stay on one issue at a time.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

2. My partner and I rarely argue about the same issue more than once.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

3. I almost never make threats about what I will do if my partner takes a certain action.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

4. We usually discuss what is really bothering us (the underlying issues) instead of the surface issues.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or

midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

5. One partner usually talks a long time before the other partner has a chance.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

6. I rarely use negative labels or call others (such as 'dumb,' 'dependent,' 'weak,' 'selfish,' 'inconsiderate') even when we are angry with each other.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

7. I do not really feel very comfortable telling my partner about my weaknesses or something I have done wrong.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

8. When making an important decision, we almost always discuss it until we find a solution with which we are both happy.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

9. Sometimes when we are trying to resolve a difficult problem, we almost always keep going until we reach a solution (even if we have to discuss it for hours or the next day).

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

10. I frequently use words like "always," "never," or other exaggerations.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

11. I frequently feel as if my partner is manipulating me or that I am manipulating my partner.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

12. When discussing important issues my partner and I usually repeat back a summary of what the other has said to make sure we understand it.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

13. Even during a disagreement, my partner and I frequently laugh and praise each other.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

14. My partner and I are both very assertive(positive, firm, and diplomatic).

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

15. Our communication is extremely open, nondefensive, and honest.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

16. Overall, my partner gives me a lot more criticism than praise.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

17. If one of us tries to teach the other something, we usually end up having some hard feelings.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

18. If my partner asks me to do me a favor, I almost always do it cheerfully.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

19. I almost always do what I tell my partner I will do.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

20. If my partner gets angry at me, I usually get angry or defensive back.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

21. Overall, I criticize my partner quite a bit more than I praise him/her.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

22. If I lose my temper at my partner, he/she will almost always tell me about it in a firm, diplomatic way without losing his/her temper. I do the same when she/he loses her/his temper.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

23. In our conversations, one partner usually talks quite a bit more than the other.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

24. My partner and I "win" long disagreements/arguments about equally often.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us}

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>>>> QUESTIONS FOR SCALE: Intimacy Scale <<<<<

Number of Questions = 15

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#### 1. INSTRUCTIONS FOR ALL QUESTIONS ON THIS SCALE:

Apply all questions on this scale to your closest relationship. If you are married or in a close romantic relationship, apply them to that relationship. OR, you may apply them to an imagined future relationship. OR, if you want help in working on a particular relationship, answer according to how the questions apply to that relationship.

Question 1. If I am under more stress than usual, my partner will usually do extra things for me.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us}

2. A long term commitment (would) cause(s) me to feel trapped.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us}

3. We usually discuss what is really bothering us (the underlying issues) instead of the surface issues.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us}

4. I have told my partner almost everything about myself.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us}

5. My partner and I strongly agree on most long term goals.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us}

6. Overall, my partner and I are equal in how much influence we have in decisions.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us}

7. When I discuss an important issue with my partner, I go ahead and tell my partner almost exactly what I am thinking and feeling--even though it might upset him/her. My partner does the same.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us}

8. Our communication is extremely open, nondefensive, and honest.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us}

9. Almost every day my partner and I each share our FEELINGS about events happening that day.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us}

10. I respect my partner more than almost anyone else I know.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us}

11. My partner and I talk very openly and freely about specifically what we like and dislike about even the most sensitive areas of our relationship (e.g. what we really think of each other, sexual relations, finances, secrets).

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us}

12. My partner and I do NOT enjoy working at the same task together.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us}

13. I frequently do not know what my partner really wants or feels.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us}

14. I frequently tell others about their positive characteristics and about how much I like, love, or respect my partner.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us}

15. I love (care for) my partner very much.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us}

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>>>>> QUESTIONS FOR SCALE: Relationship Independence Scale <<<<<<

Number of Questions = 18

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1. INSTRUCTIONS FOR ALL QUESTIONS ON THIS SCALE:

Apply all questions on this scale to your closest relationship. If you are married or in a close romantic relationship, apply them to that relationship. OR, you may apply them to an imagined future relationship. OR, if you want help in working on a particular relationship, answer according to how the questions apply to that relationship.

Question 1. It is NOT ok for one partner to go away for a weekend by themselves to think and be alone.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

2. One should always consult with their partner before making even small decisions.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

3. My partner has close friends of his/her same sex with whom he/she has frequent social contact outside work.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

4. If my partner makes a decision concerning his/her own personal matters, and I do not agree with it, I almost always am supportive and encouraging to my partner.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

5. It is ok for one partner to go out to lunch alone with an attractive friend of the opposite sex.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

6. The (marriage) relationship is more important than the happiness of one partner.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

7. Partners should never argue or disagree if they are to have a truly happy relationship.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

8. I would end my relationship if staying in it meant that I could not grow as a person.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

9. When I refer to myself, I frequently say 'we' (meaning my partner and I).

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

10. One of us frequently worries about whether the other is really committed to this relationship.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

11. It is OK for my partner and I to have some goals which are not the same.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

12. If I did not have my partner, I would think I could find another partner with whom I could be very happy.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

13. I find that I can't really enjoy myself very much if I go someplace without my partner.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

14. I don't know how I could be happy if I didn't have my partner.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

15. I hate to be alone for even a short time.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

16. I feel free to do whatever I want at home whether or not my partner is there.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

17. I am glad that my partner has some recreational activities and interests apart from me.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

18. My partner and I each have our own funds from which to buy personal things without consulting the other.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or

midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

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>>>>> QUESTIONS FOR SCALE: Romantic Relationship Habits Scale <<<<<<

Number of Questions = 7

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1. INSTRUCTIONS FOR ALL QUESTIONS ON THIS SCALE:

Apply all questions on this scale to your closest relationship. If you are married or in a close romantic relationship, apply them to that relationship. OR, you may apply them to an imagined future relationship. OR, if you want help in working on a particular relationship, answer according to how the questions apply to that relationship.

Question 1. I do something different to surprise my partner such as buy flowers, leave a love note, or buy a present for no special event at least once a week.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

2. I frequently fantasize about my partner.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

3. My partner and I celebrate special days together almost once a month.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

4. My partner and I go out to romantic places just to be alone together at least once a week.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

5. I am extremely attracted to my partner sexually.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

6. My partner and I both enjoy playful interactions with each other several times per week.

{EXTREMELY accurate / like us, MODERATELY accurate / like us, MILDLY accurate / like us, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike us, MODERATELY inaccurate / unlike us, EXTREMELY inaccurate / unlike us }

7. My partner is extremely charming and romantic.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

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>>>>> QUESTIONS FOR SCALE: Liberated Relationship Roles Scale <<<<<<

Number of Questions = 7

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1. INSTRUCTIONS FOR ALL QUESTIONS ON THIS SCALE:

Apply all questions on this scale to your closest relationship. If you are married or in a close romantic relationship, apply them to that relationship. OR, you may apply them to an imagined future relationship. OR, if you want help in working on a particular relationship, answer according to how the questions apply to that relationship.

Question 1. There are certain tasks that are MORE the man's responsibility, such as providing economic support, taking care of the car, etc.

{EXTREMELY agree, MODERATELY agree, MILDLY agree, UNCERTAIN, neutral, or midpoint, MILDLY disagree, MODERATELY disagree, EXTREMELY disagree }

2. There are certain tasks that are MORE the woman's responsibility, such as cleaning house, fixing meals, etc.

{EXTREMELY agree, MODERATELY agree, MILDLY agree, UNCERTAIN, neutral, or midpoint, MILDLY disagree, MODERATELY disagree, EXTREMELY disagree }

3. The man should make the final decision.

{EXTREMELY agree, MODERATELY agree, MILDLY agree, UNCERTAIN, neutral, or midpoint, MILDLY disagree, MODERATELY disagree, EXTREMELY disagree }

4. I would feel embarrassed if my partner did something considered more characteristic of the opposite sex in front of other people (such as a woman working on the car or a man crying).

{EXTREMELY agree, MODERATELY agree, MILDLY agree, UNCERTAIN, neutral, or midpoint, MILDLY disagree, MODERATELY disagree, EXTREMELY disagree }

5. I want a relationship in which the man is stronger and more decisive than the woman.

{EXTREMELY agree, MODERATELY agree, MILDLY agree, UNCERTAIN, neutral, or midpoint, MILDLY disagree, MODERATELY disagree, EXTREMELY disagree }

6. The man and woman should be equally responsible for providing an income for the couple or family.

{EXTREMELY agree, MODERATELY agree, MILDLY agree, UNCERTAIN, neutral, or midpoint, MILDLY disagree,

MODERATELY disagree, EXTREMELY disagree}

7. If the man and woman have a career conflict in which one has to quit his/her job, the woman should be the one to quit.  
{EXTREMELY agree, MODERATELY agree, MILDLY agree, UNCERTAIN, neutral, or midpoint, MILDLY disagree, MODERATELY disagree, EXTREMELY disagree}

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>>>>> QUESTIONS FOR SCALE: Happiness (versus Anxiety/Depression) Scale <<<<<<

Number of Questions = 16

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1. Happiness with living in this area, with the home in which I live, and feeling at home here.  
{Extremely happy, Moderately happy, Mildly happy, Unsure or neutral, Mildly unhappy, Moderately unhappy, Extremely unhappy}
  2. Happiness with the number and closeness of my friendships, and I see them as often enough.  
{Extremely happy, Moderately happy, Mildly happy, Unsure or neutral, Mildly unhappy, Moderately unhappy, Extremely unhappy}
  3. Happiness with my career now.  
{Extremely happy, Moderately happy, Mildly happy, Unsure or neutral, Mildly unhappy, Moderately unhappy, Extremely unhappy}
  4. Happiness with expectations for future career success and happiness.  
{Extremely happy, Moderately happy, Mildly happy, Unsure or neutral, Mildly unhappy, Moderately unhappy, Extremely unhappy}
  5. Happiness with friendships.  
{Extremely happy, Moderately happy, Mildly happy, Unsure or neutral, Mildly unhappy, Moderately unhappy, Extremely unhappy}
  6. Happiness with relationships at work, school, or job-like setting.  
{Extremely happy, Moderately happy, Mildly happy, Unsure or neutral, Mildly unhappy, Moderately unhappy, Extremely unhappy}
  7. Happiness with my physical activity area of my life.  
{Extremely happy, Moderately happy, Mildly happy, Unsure or neutral, Mildly unhappy, Moderately unhappy, Extremely unhappy}
  8. Happiness with my recreation.  
{Extremely happy, Moderately happy, Mildly happy, Unsure or neutral, Mildly unhappy, Moderately unhappy, Extremely unhappy}
  9. Happiness with the sexual/romantic relationship area of my life.  
{Extremely happy, Moderately happy, Mildly happy, Unsure or neutral, Mildly unhappy, Moderately unhappy, Extremely unhappy}
  10. Happiness with my family relationships.  
{Extremely happy, Moderately happy, Mildly happy, Unsure or neutral, Mildly unhappy, Moderately unhappy, Extremely unhappy}
  11. Happiness with the kind of person I am and with my personal growth/development.  
{Extremely happy, Moderately happy, Mildly happy, Unsure or neutral, Mildly unhappy, Moderately unhappy, Extremely unhappy}
  12. Happiness with having a meaningful life and with my spiritual or religious life.  
{Extremely happy, Moderately happy, Mildly happy, Unsure or neutral, Mildly unhappy, Moderately unhappy, Extremely unhappy}
  13. Overall happiness during the past year.  
{Extremely happy, Moderately happy, Mildly happy, Unsure or neutral, Mildly unhappy, Moderately unhappy, Extremely unhappy}
  14. Overall happiness 1 to 3 years ago.  
{Extremely happy, Moderately happy, Mildly happy, Unsure or neutral, Mildly unhappy, Moderately unhappy, Extremely unhappy}
  15. Overall happiness during my entire life up to 3 years ago.  
{Extremely happy, Moderately happy, Mildly happy, Unsure or neutral, Mildly unhappy, Moderately unhappy, Extremely unhappy}
  16. Overall happiness expected in the future.  
{Extremely happy, Moderately happy, Mildly happy, Unsure or neutral, Mildly unhappy, Moderately unhappy, Extremely unhappy}
- 

>>>>> QUESTIONS FOR SCALE: Physical Health Scale <<<<<<

Number of Questions = 6

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1. How often did you get sick the past 3 years?  
{More than 60 days per year, About 31-60 days per year, About 15-30 days per year, About 7-14 days per year, About 4-6 days per year, About 1-3 per year, Less than once per year}
2. How many drinks of alcohol do you average?  
{More than 10 per day, 6-10 per day, 1-5 per day, 1-6 per week, 1 to 5 per month, Less than 1 per month, Less than 1 per year, Never/None}
3. How often do you use cigarettes or other tobacco products?  
{More than 10 per day, 6-10 per day, 1-5 per day, 1-6 per week, 1 to 5 per month, Less than 1 per month, Less than 1 per year, Never/None}
4. How many often do you take illegal drugs on average?  
{More than 10 per day, 6-10 per day, 1-5 per day, 1-6 per week, 1 to 5 per month, Less than 1 per month, Less than 1 per year, Never/None}
5. How would you describe your physical conditioning?  
{Excellent for competitive athlete, Moderate for competitive athlete, Excellent for non-athlete (and able to run 5 miles or more), Very good for non-athlete (could run a mile or more), Good (could walk 5-10 miles), Moderate (could walk 1-5 miles), Poor (would have trouble walking a mile), Very poor, Have prolonged illness that keeps conditioning very low}

6. How would you describe your weight?

{Ideal for my height, 1-10 pounds less than ideal, Over 10 pounds less than ideal, 1-10 pounds high, 11-20 pounds high, 21-30 pounds high, 31-40 pounds high, 41-50 pounds high, 51-60 pounds high, More than 60 pounds high}

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>>>>> QUESTIONS FOR SCALE: Relationships Scale <<<<<<

Number of Questions = 7

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1. Almost all of my good friends are very successful and happy in almost every area of their lives including school and interpersonal relationships.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

2. I have (or have had) a very happy marital -- or marital-like relationship with someone for an extended period of time.

{EXTREMELY agree, MODERATELY agree, MILDLY agree, UNCERTAIN, neutral, or midpoint, MILDLY disagree, MODERATELY disagree, EXTREMELY disagree, Question does not apply to me}

3. I have developed an extensive, close network of friends and career-related persons with whom I share support and information.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

4. In my life I have had a number of extremely close friends with whom I could discuss my innermost secrets, weaknesses, and problems.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

5. Approximate number of friends in general with whom you interact socially -- outside of work or school settings--at least once a month.

{21 or more, 19-20, 17-18, 15-16, 13-14, 11-12, 9-10, 7-8, 5-6, 3-4, 1-2, 0}

6. Approximate number of EXTREMELY CLOSE friendships with which you are VERY SATISFIED.

{21 or more, 19-20, 17-18, 15-16, 13-14, 11-12, 9-10, 7-8, 5-6, 3-4, 1-2, 0}

7. Degree of commitment to an intimate(romantic) relationship (lasting at least 3 months)

{Married--extremely high commitment, Living together--extremely high commitment, Not living together--extremely high commitment, Married--moderate commitment, Living together--moderate commitment, Not living together--moderate commitment, Married--low commitment, Living together--low commitment, Not living together--low commitment, Dating one person regularly, but not in a committed relationship, Previously married, but not now in a committed relationship, Previously in a committed relationship, but not now, Never in a committed relationship}

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>>>>> QUESTIONS FOR SCALE: Depression Symptoms and Treatment Scale <<<<<<

Number of Questions = 6

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1. I often feel sad, apathetic, listless, or depressed.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

2. I often feel worthless, very guilty, or think very negative thoughts about my future, the world, death, or myself.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

3. If you have felt depressed and had 2 or more of the following symptoms regularly, how long have you had them?

\* feel sad, unhappy, or depressed most of the day for most days

\* feel low energy, tiredness most of the time

\* have poor concentration and trouble making decisions

\* feel hopeless or doomed

\* have feelings of low self-esteem

\* have poor appetite or overeat

\* sleep too little or too much most of the time.

{Most or all of my life, More than 3 years, 2-3 years, 1-2 years, 6-12 months, 3-6 months, 1-3 months, 1 to 4 weeks, Less than 1 week, In the past, but not now, Never/Not at all}

4. How many times for 2 or more weeks at a time, have you had 5 (or more) of the following symptoms:

\* feel very depressed

\* have markedly less interest or pleasure in almost all daily activities

\* diminished ability to concentrate or think

\* feel worthless and/or very guilty

\* not be able to sleep or sleep much more than usual

\* have very low energy

\* significant weight loss or gain (without effort)



\* move much more slowly (motor retardation) or quickly (agitation) than usual

\* have recurring thoughts of death or suicidal thoughts

{Almost all the time, More than 30 times in my life, 21-30 times in my life, 11-20 times in my life, 6-10 times in my life, 4-5 times in my life, 2-3 times in my life, Once in my life, Never/None}

5. Length of time that you have been prescribed medication for depression.

{Most or all of my life, More than 3 years, 2-3 years, 1-2 years, 6-12 months, 3-6 months, 1-3 months, 1 to 4 weeks, Less than 1 week, In the past, but not now, Never/Not at all}

6. Amount of counseling or psychotherapy for depression.

{Almost all the time, More than 30 times in my life, 21-30 times in my life, 11-20 times in my life, 6-10 times in my life, 4-5 times in my life, 2-3 times in my life, Once in my life, Never/None}

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>>>>> QUESTIONS FOR SCALE: Anxiety Symptoms and Treatment Scale <<<<<<

Number of Questions = 9

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1. Do you feel excessively nervous or anxious when speaking or performing in front of others.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

2. Do you worry or feel nervous or anxious almost all of the time?

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

3. Do you suffer from post-traumatic stress symptoms?

[Were you ever exposed to some life-threatening, abusive, or shocking traumatic event(s) where you felt extremely frightened and helpless AND still have frequent episodes of flashbacks, numbness, detachment, distress, avoidance of similar situations, or other symptoms that significantly interfere in your life?]

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

4. Do you feel very nervous or anxious almost any time you are with other people?

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

5. How many times have you had a lasting problem with obsessions or compulsions?

[Obsessions definition: recurring, uncontrollable thoughts or images that you cannot get out of your mind, and cause distress.

Compulsions definition: repeating outward or mental acts (e.g. washing, ordering, checking, praying, counting, repeating words) because one feels compelled to.

Both obsessions and compulsions are usually not realistically connected to any immediate outside problem or are excessive.]

{Almost all the time, More than 30 times in my life, 21-30 times in my life, 11-20 times in my life, 6-10 times in my life, 4-5 times in my life, 2-3 times in my life, Once in my life, Never/None}

6. How many genuine phobias do you think you have?

[Phobia definition: repeated intense, excessive, and unreasonable fear or anxiety elicited by a specific object, animal, or situation. Or, do you have a fear of almost all social contact?]

{12 or more, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, 0}

7. About how many genuine panic attacks have you had during the past 5 years?

[Panic attack definition: four or more of the following symptoms together for 10 minutes or more:

pounding heart; trembling; trouble breathing; chest pain; feeling dizzy; feeling detached or numb; plus fears of dying, going crazy, or losing control]

{12 or more, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, 0}

8. Length of time that you have been prescribed medication for anxiety, obsessions/compulsions, phobias, or panic disorder.

{Most or all of my life, More than 3 years, 2-3 years, 1-2 years, 6-12 months, 3-6 months, 1-3 months, 1 to 4 weeks, Less than 1 week, In the past, but not now, Never/Not at all}

9. Amount of counseling or psychotherapy for excessive stress, anxiety, obsessions/compulsions, phobias, or panic disorder.

{Almost all the time, More than 30 times in my life, 21-30 times in my life, 11-20 times in my life, 6-10 times in my life, 4-5 times in my life, 2-3 times in my life, Once in my life, Never/None}

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>>>>> QUESTIONS FOR SCALE: Anger Symptoms and Treatment Scale <<<<<<

Number of Questions = 5

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1. How often do you get angry and lose your temper?

{More than 10 per day, 6-10 per day, 1-5 per day, 1-6 per week, 1 to 5 per month, Less than 1 per month, Less than 1 per year, Never/None}

2. How often do you yell at someone or call someone hurtful names?

{More than 10 per day, 6-10 per day, 1-5 per day, 1-6 per week, 1 to 5 per month, Less than 1 per month, Less than 1 per year, Never/None}

3. How often do you get someone to do what you want by criticizing them, out-talking them, getting angry, or threatening them.

{More than 10 per day, 6-10 per day, 1-5 per day, 1-6 per week, 1 to 5 per month, Less than 1 per month, Less than 1 per year, Never/None}

4. How often do you think about getting even with someone who has hurt you?

{More than 10 per day, 6-10 per day, 1-5 per day, 1-6 per week, 1 to 5 per month, Less than 1 per month, Less than 1 per year, Never/None}

5. How often do you damage objects or property, hurt animals or people purposely, or break the law?

{More than 10 per day, 6-10 per day, 1-5 per day, 1-6 per week, 1 to 5 per month, Less than 1 per month, Less than 1 per year, Never/None}

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>>>> QUESTIONS FOR SCALE: College Major Interest Test: Overall Interests Scale <<<<<

Number of Questions = 28

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1. I feel extremely satisfied about my career decision. I have a clear career goal and plan for reaching that goal. My plan has a very high probability for success.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

2. I have spent a great deal of time going through the process of reaching a career decision doing things such as reading about careers, interviewing others, taking interest tests, thinking about what I want, and getting related work experience.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

3. I really enjoy natural science classes like chemistry, physics, or geology and am considering a career involving some aspect of natural science.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

4. I really enjoy subjects like biology and am considering a career which might involve a lot of knowledge of biological science. I am considering a major or minor in BIOLOGY, MICROBIOLOGY, or another biological science.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

5. I really enjoy learning about myself or other people. I enjoy classes like psychology, sociology, anthropology, economics, or geography. I am considering a career where understanding people, groups, economics, OR cultures may be important.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

6. I really enjoy helping people and am considering a career in a 'helping profession' such as counseling, teaching, or social work.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

7. I love math, am very good at it, and am considering a career in which math might play an important part.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

8. I am considering a career in a medical or health-related field. Or I might like a career related to physical education, physical therapy, pharmacy, audiology, speech therapy or some other field which requires a lot of knowledge about biology or the human body.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

9. I love to write and am considering a career in which writing would be very important. OR I have an interest in journalism or radio, TV, or film production.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

10. I have a serious interest in an art-related field such as art, design, music, dance, photography, or theatre arts.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

11. I am extremely interested in studying about an ethnic group, about women, or about ancient or current cultures.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

12. I love learning through reading, taking classes, or any other way I can. I might eventually want to get a masters degree or doctorate.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or

midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

13. I would love to specialize and be an expert at something. I tend to get passionate interests about one interest area at a time for months or years. I am considering a career where I might become an expert at something that requires intense study or an advanced degree.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

14. I enjoy a large variety of activities. I would like a career where I have a little knowledge about many things. I might rather have a more general degree like a general business, social science, or liberal arts degree that can give me a wide variety of career options.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

15. I have never been very interested in school, any particular subject in school, or any particular career that I know of. I feel very confused about what major or career I want.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

16. I enjoy reading and literature of many types. I am considering a field like history or literature.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

17. I really enjoy sports, recreational activities, and helping others enjoy them. I am considering a career in a physical education, sports, or recreation-related field.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

18. I enjoy learning about law, politics, or government and am considering a career where these subjects may be important.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

19. Law enforcement, the legal profession, probation, or the military are careers I have an interest in.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

20. I really enjoy working with machines, electronics, computers, aircraft, medical equipment, construction, or other activities where I can work with my hands and see something I made or repaired. I am less interested in designing these or working behind a desk. I might prefer a technical career which requires only a one- or two-year technical degree at a community college or a technical school.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

21. I really enjoy other countries and learning foreign languages. I am considering majoring or minoring in a foreign language.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

22. I really enjoy philosophy and/or the study of religion. I may want PHILOSOPHY or RELIGION as a major or a minor for my career and/or personal benefit.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

23. I expect to work in a business setting or am considering a major or minor in a business-related career.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

24. I am interested in science and/or technical things, math, computers, medical equipment, machines, airplanes, electronics, buildings or public works projects. I might like to build or design things or work with computers. I am considering a career in engineering, engineering technology, computers, architecture, or a related field.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

25. I have a very high interest in one or more of the following--child development, consumer affairs, fashion merchandising, textiles and clothing, nutrition, food industries, gerontology, or teaching home economics or family and consumer affairs. I might be interested in one of these areas as a major or minor in a FAMILY AND CONSUMER SCIENCES area.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

26. I might be interested in majoring or minoring in Women's Studies or studies of a special ethnic group such as Asian or Asian-American Studies, Mexican-American Studies, Black Studies, or Native American Studies.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

27. I enjoy working on a computer, learning about software and hardware, and think that I might enjoy a job in a computer-related field where I spend a lot of time designing software or hardware, or working with computers, computer networks, the Internet, or managing others who work with computers.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

28. I might like to have a major that combined two or three other major areas of my choosing. I might like to inquire about designing

such a major that fits my particular interests. [Most universities offer such majors under titles like 'Special Major', 'Interdisciplinary Studies', or 'Liberal Arts.']

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

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>>>>> QUESTIONS FOR SCALE: College Major Interest Test: Business-Related Interests Scale <<<<<

Number of Questions = 7

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1. I enjoy selling or planning how to market things and am considering a career in sales, marketing, market research, or some other form of merchandising. I am considering MARKETING as a major or minor.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

2. I think I would like being an executive or manager in charge of other people and responsible for a work-group or business. I am considering a career in management or MANAGEMENT as a major or minor.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

3. I enjoy working with computers, and think I would like a career related to business applications of computers. I am considering BUSINESS INFORMATION SYSTEMS as a major or minor department.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

4. I enjoy dealing with money, finance, economics, real estate, and/or business law issues. I am considering a career in a field related to one of these interests. I am considering a major or minor in the FINANCE department.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

5. I would like teaching and helping people in a business setting and am considering work in personnel, training, or human resource development. I am considering a major or minor in HUMAN RESOURCES MANAGEMENT.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

6. I would like to work with numbers and do precise, detailed work. I might enjoy working with auditing or tax-related issues. I am considering a career, major, or minor in ACCOUNTING or a related field.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

7. I would greatly value developing my speech, communication, or public relations skills to high level and am considering a career where those skills may be very important. I am considering a major or minor in the SPEECH COMMUNICATION department.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

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>>>>> QUESTIONS FOR SCALE: College Major Interest Test: Engineering-Related Interests Scale <<<<<

Number of Questions = 8

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1. I enjoy complex math and might enjoy designing complex electronic systems such as computers. I am considering a career in electrical or electronic engineering or its option in biomedical engineering.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

2. I enjoy design and am interested in the workings of complex mechanical things. I am considering a career in mechanical engineering or in one of its options of industrial-management engineering, materials engineering, or ocean engineering.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

3. I enjoy chemistry and also designing things. I am considering a career in chemical engineering.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

4. I think I would enjoy designing things like civil works projects, buildings, or other large projects. I am considering civil engineering as a career.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

5. I am very interested in aerospace-related engineering and am considering a career as an aerospace engineer.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

6. I am interested in an engineering-related field, but am not as interested in complex math or designing systems as I am in technical aspects of one or more of the following--construction management, electronics, manufacturing, or quality assurance. I might be

interested in an ENGINEERING TECHNOLOGY major.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

7. I love math, programming, and computer software design, but am less interested in the electronic circuits and hardware of computers. I am considering (engineering) computer science as a major.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

8. I really enjoy working with computers. But I would prefer a business environment more than an engineering, science, or mathematical environment. I might consider getting a major in business with an emphasis in computers or INFORMATION SYSTEMS.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

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>>>>> QUESTIONS FOR SCALE: College Major Interest Test: Fine Arts-Related Interests Scale <<<<<<

Number of Questions = 7

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1. I love music and am considering a music-related career or a major or minor in MUSIC.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

2. I love art and am considering an art-related or design-related career or am considering a major in ART.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

3. I love to act and be in plays and am considering professional acting as a career or considering a major or minor in THEATER ARTS.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

4. I love to dance and am considering a career in which dance might play an important part or a major or minor in DANCE.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

5. I have an interest in becoming a photojournalist and would consider a major or minor in PHOTOGRAPHY or PHOTOJOURNALISM.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

6. I love to draw and design functional things. I would consider a major in DESIGN or INDUSTRIAL DESIGN.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

7. I love to decorate and would like to design interiors for homes or businesses. I would consider a major in INTERIOR DESIGN.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

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>>>>> QUESTIONS FOR SCALE: College Major Interest Test: Helping/Teaching/Counseling-Related Interests Scale <<<<<<

Number of Questions = 10

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1. I enjoy teaching groups of people and am considering a career where teaching might be an important part of my job.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

2. I enjoy helping people one-on-one and am considering a career in a counseling-related field such as becoming a psychologist or psychiatrist, a school counselor or psychologist, or a social worker. I know that these all require graduate degrees, and some require psychology as a major. I am considering a major in PSYCHOLOGY (which will also give me the most flexibility in choosing what type of counseling I want to pursue later.)

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

3. I would strongly like to work in an educational setting such as a public school or university.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

4. I would especially enjoy a career helping ADULTS.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

5. I would especially enjoy a career helping CHILDREN or TEEN-AGERS.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or

midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

6. I would enjoy teaching vocational or shop courses. I am considering vocational education as a major.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

7. I would be interested in a career helping people with their speech or helping persons with hearing impairments. I might want a major leading to a career in audiology or speech therapy such as communicative disorders.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

8. I know that I want to be a social worker and work with public agencies helping people with various types of disabilities or who are in need of help. I know that most jobs are with the government and think I would enjoy working as part of a larger organization dedicated to helping people even though there may be a lot of paperwork, etc. I am considering a major in psychology, sociology, social work, or a related field.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

9. I think that I might like to teach in public or private schools in a grade level between Kindergarten and College (K-12). I am interested in a major that leads to a teaching credential.

[In California getting a teaching credential usually means getting a special degree in Liberal Studies for elementary teaching or obtaining one of a select number of majors for teaching high school. Go to your local College or School of Education for more information.]

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

10. I am considering a career in church work or as a minister, priest, rabbi, or other religious leader. Or, I am interested in learning more about or teaching about religion. I am considering a degree in RELIGION, RELIGIOUS STUDIES, or PHILOSOPHY. Or, I am considering a different kind of major such as psychology or sociology that could help me be more effective helping people.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

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>>>>> QUESTIONS FOR SCALE: College Major Interest Test: Language-Related Interests Scale <<<<<<

Number of Questions = 9

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1. I am very interested in learning or teaching French or considering FRENCH as a major.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

2. I am very interested in learning or teaching Italian or am considering ITALIAN as a major.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

3. I am very interested in learning or teaching German or am considering GERMAN as a major.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

4. I am very interested in learning or teaching Russian or am considering RUSSIAN as a major.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

5. I am very interested in learning or teaching Japanese or am considering JAPANESE as a major.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

6. I am very interested in learning or teaching Chinese or am considering CHINESE as a major.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

7. I am very interested in ancient Greece or Rome and in learning those languages. I am considering a major in CLASSICS.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

8. I am very interested in learning or teaching Spanish or am considering SPANISH as a major.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

9. I am very interested in learning or teaching Portuguese or am considering PORTUGUESE as a major.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

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>>>>> QUESTIONS FOR SCALE: College Major Interest Test: Medically-Related Interests Scale <<<<<<

Number of Questions = 7

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1. I am considering becoming a physician and have high ability in science. I may want to consider a major in a biological or chemical science with a minor in the other.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

2. I am considering nursing or a related career or a major in NURSING.

[Obtaining an RN (Registered Nurse) certificate usually only requires a 2-year degree, However, you may prefer a 4-year bachelor's degree in nursing to advance your knowledge or career.]

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

3. I like helping one-on-one and working with the body. I am considering becoming a physical therapist and would consider a major in a pre-physical therapy major such as Kinesiology.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

4. I am extremely interested in health science, health education, and/or health administration. I am considering a career in one of these fields or a degree in HEALTH SCIENCE or HEALTH CARE ADMINISTRATION.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

5. I am interested in studying the human body, its overall movement and function, physical therapy, athletic training, or physical education. I might be interested in a major in Kinesiology or in a major leading to physical therapy.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

6. I would be interested in a career helping people with their speech or helping persons with hearing impairments. I might want a major leading to a career in audiology or speech therapy such as COMMUNICATIVE DISORDERS.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

7. I might prefer to work in a specialized medically-related field working directly with patients such as a technician working with medical imaging, X-rays, dental assistance, nursing, or some other similar field that only requires one to two years at a technical school or community college.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

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>>>>> QUESTIONS FOR SCALE: College Major Interest Test: Law Enforcement and Military-Related Interests Scale <<<<<<

Number of Questions = 3

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1. I am considering becoming a lawyer in criminal law (defense, prosecution, etc.). I think that I might prefer to get an undergraduate degree or minor in CRIMINAL JUSTICE.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

2. I am considering working in a law enforcement field, within probation, or within another aspect of the legal system. I might be interested in a CRIMINAL JUSTICE major or minor.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

3. I am considering joining one of the military services or am considering a career in the military. I might be interested in a MILITARY SCIENCE or related major or minor, or I might want to major in some other field and join the military later.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

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>>>>> QUESTIONS FOR SCALE: College Major Interest Test: Natural Science-Related Interests Scale <<<<<<

Number of Questions = 5

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1. I enjoy chemistry and am considering a career requiring a lot of knowledge of chemistry (such as chemistry or medicine) or am considering CHEMISTRY, BIOCHEMISTRY, or a related field as a major or minor.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

2. I enjoy physics and am considering a career requiring a lot of knowledge of physics or PHYSICS as a major or minor.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

3. I enjoy geology or study of the environment and am considering or GEOLOGY as a major or minor.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

4. I enjoy astronomy and math am considering a career requiring a lot of knowledge of astronomy or ASTRONOMY as a major or minor.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

5. I enjoy studying the environment, pollution, and/or ways to make the environment cleaner and safer. I might be interested in a major or minor in earth science or environmental studies.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

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>>>>> QUESTIONS FOR SCALE: College Major Interest Test: Social Science-Related Interests Scale <<<<<<

Number of Questions = 10

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1. I am extremely interested in learning about myself and understanding people in depth. I am considering a career where working with people or am considering a major or minor in PSYCHOLOGY.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

2. I am extremely interested in learning about groups and society. I am considering a career where knowledge of groups and society would be very important, or a SOCIOLOGY major or minor.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

3. I am extremely interested in history, or am considering a major or minor in HISTORY.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

4. I am extremely interested in law, politics, and/or studying political systems. I might like to work in public administration, in government or politics, or become an attorney. I am considering a major or minor in POLITICAL SCIENCE or an advanced degree in public administration.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

5. I am extremely interested in studying the economic behavior of people and/or the economy as a whole. I am considering a major or minor in ECONOMICS.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

6. I enjoy studying physical and cultural aspects of various countries or geographic regions. In addition I may enjoy studying topics like climates, mapping, urban life, etc. I might like to major or minor in GEOGRAPHY.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

7. I am extremely interested in studying the United States and might like to major or minor in American Studies.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

8. Studying humans and various cultures (including ancient ones) in our many social, cultural, and biological aspects is fascinating to me. I might enjoy majoring or minoring in ANTHROPOLOGY.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

9. Studying oral human communication in its various aspects (including persuasion, negotiation, public speaking, media, or business communication). I might be interested in a Speech or Communication major or minor.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

10. I like social science, research and theory, and find the study of speech and language fascinating. I might like a major or minor in LINGUISTICS.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me}

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>>>>> QUESTIONS FOR SCALE: College Major Interest Test: Women and Ethnic Group-Related Interests Scale <<<<<<

Number of Questions = 7

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1. I have a very high interest in American Indian culture and studies and might consider it as a major or minor.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or



midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

2. I have a very high interest in African-American culture and studies.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

3. I have a very high interest in Mexican-American culture and studies.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

4. I have a very high interest in Asian-American culture and studies.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

5. I have a very high interest in studying the American culture as a whole from a variety of viewpoints and disciplines. I might consider AMERICAN STUDIES as a major or minor.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

6. I am very interested in studying women--their history, experience, and sex-roles--from a variety of viewpoints. I might be interested in WOMEN'S STUDIES as a major or minor.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

7. I am very interested in studying cultures in general and cultures as a whole for both the past and present from a variety of viewpoints. I am considering ANTHROPOLOGY as a major or minor.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

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>>>>> QUESTIONS FOR SCALE: College Major Interest Test: Writing and Media-Related Interests Scale <<<<<<

Number of Questions = 3

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1. I highly enjoy writing, English literature, and/or possibly teaching English, and am considering ENGLISH or as a major or minor.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

2. I am considering working for a newspaper or other news media as a journalist or photojournalist; OR I might want to teach journalism; OR I might want to work in public relations. I am considering JOURNALISM as a major or minor.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }

3. I really enjoy creating and communicating and am considering a career in radio, video, film production; or am considering a major or minor in the FILM and ELECTRONIC MEDIA.

{EXTREMELY accurate / like me, MODERATELY accurate / like me, MILDLY accurate / like me, UNCERTAIN, neutral, or midpoint, MILDLY inaccurate / unlike me, MODERATELY inaccurate / unlike me, EXTREMELY inaccurate / unlike me }