



Current levels of self-belief

To assess your current levels of self-belief, for each of the 10 statements below rate yourself on a scale of 1-10 (where 1 means you disagree strongly with the statement, and 10 means you strongly agree with it).

Question	Score
I am confident that I have the capability to learn course material this semester	
I am confident that I will be able to solve problems in my subjects	
I am confident I can manage demands on my time such as from essays, labs and tutorials	
I am confident that, if I put in necessary effort, I can perform well	
In a tutorial, I know I can put forward my ideas and suggestions	
I might be nervous about the public speaking part of my course but I believe that I can perform well, for example, if I give myself enough preparation time	
When I attend a new class, I can start up a conversation with other students	
In addition to my academic tasks, I am confident that I can take the steps to develop myself for future employment	
In my social life I am able to form and maintain friendships with others	
I find it easy to form new friendships with peers	
Total Score	