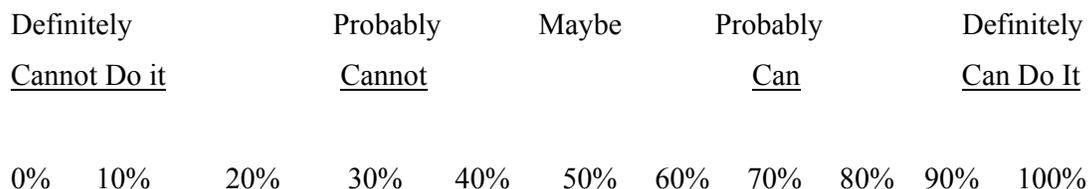


Anexo 1

SELF-EFFICACY FOR LEARNING FORM (SELF)

**Choose a percentage to indicate your answer**

- _____ 1. When you notice you are having trouble concentrating on a reading assignment, can you refocus your attention and learn the material? (R)
- _____ 2. When you don't understand a paragraph you have just read, can you clarify it by careful rereading? (R)
- _____ 3. When you have trouble recalling key facts in a reading assignment, can you find a way to remember all of these two weeks later? (R)
- _____ 4. When you have trouble remembering complex definitions from a textbook, can you redefine them so that you will recall them? (S)
- _____ 5. When you feel very anxious before taking a test, can you remember all the material you studied? (T)
- _____ 6. When you have tried unsuccessfully to study for an hour, can you set and attain an important study goal during your remaining time? (S)
- _____ 7. When you are given an extensive reading assignment to cover before class the next day, can you set aside enough time in your schedule to finish it? (R)
- _____ 8. When you don't understand your teacher, can you ask the right question to clarify matters? (N)
- _____ 9. When your teacher gives a rambling disorganized lecture, can you reorganize and rewrite your notes before the next class meeting? (N)
- _____ 10. When you find your homework assignments vary greatly in length each day, can you adjust your time schedule to complete them? (S)

- _____ 11. When you notice that your notes are much less complete than another student's, can you write down all the teacher's points during the next lecture? (N)
- _____ 12. When you notice that you are getting behind in your homework during the week, can you catch up during the next weekend? (S)
- _____ 13. When another student asks you to study together for a course in which you are experiencing difficulty, can you be an effective study partner? (S)
- _____ 14. When you have missed several classes, can you make up the work within a week? (S)
- _____ 15. When you find the assignment you are reading doesn't make sense, can you interpret it by using text clues, such as headings or italics? (R)
- _____ 16. When you miss a class, can you find another student who can explain the lecture notes as clearly as your teacher did? (N)
- _____ 17. When problems with friends and peers conflict with school work, can you keep up with your assignments? (S)
- _____ 18. When the assigned reading is boring, can you find a way to motivate yourself to learn it fully? (R)
- _____ 19. When a homework assignment, such as learning vocabulary words, is repetitive and uninteresting, can you make it into an exciting challenge? (S)
- _____ 20. When an assigned reading is poorly written, can you figure out its meaning so you can explain it well on an essay test? (R)
- _____ 21. When a teacher's lecture is over your head, can you find a way to get the information clarified before the next class meeting? (N)
- _____ 22. When your teacher's lecture is very complex, can you write an effective summary of your original notes before the next class? (N)
- _____ 23. When you are having trouble understanding assigned reading material, can you find a classmate who can explain everything clearly to you? (R)
- _____ 24. When you feel moody or restless during studying, can you focus your attention well enough to finish your assigned work? (S)
- _____ 25. When you are trying to understand a new topic, can you associate new concepts with old ones sufficiently well to remember them? (S)
- _____ 26. When a lecture is especially boring, can you motivate yourself to keep good notes? (N)

- _____27. When you are having trouble comprehending a reading assignment, can you find key sentences that will help you understand each paragraph? (R)
- _____28. When you have to take a test in a school subject you dislike, can you find a way to motivate yourself to earn a good grade? (T)
- _____29. When you have time available between classes, can you motivate yourself to use it for studying? (S)
- _____30. When you had trouble understanding your instructor's lecture, can you clarify the confusion before the next class meeting by comparing notes with a classmate? (N)
- _____31. When you feel anxious during an exam and have trouble controlling information, can you relax and concentrate well enough to remember it? (T)
- _____32. When you are feeling depressed about a forthcoming test, can you find a way to motivate yourself to do well? (T)
- _____33. When you are tired, but have not finished writing a paper, can you find a way to motivate yourself until it is completed? (W)
- _____34. When you suddenly realize that you can't remember any material you have read during the last half hour, can you create self-questions to help you review the material successfully? (R)
- _____35. When you find yourself putting off writing of an assigned paper, can you motivate yourself to begin the task immediately? (W)
- _____36. When you have trouble recalling an abstract concept, can you think of a good example that will help you remember it on a test? (T)
- _____37. When your friends want to see a movie when you need to study for a test, can you find a way to decline without offending them? (T)
- _____38. When your last test results were poor, can you figure out potential questions before the next test that will improve your score greatly? (T)
- _____39. When you are taking a course covering a huge amount of material, can you condense your notes down to just the essential facts? (N)
- _____40. When you find yourself getting increasingly behind in a new course, can you increase your study time sufficiently to catch up? (S)
- _____41. When you are struggling to remember technical details of a concept for a test, can you find a way to associate them together that will ensure recall? (T)

_____42. When your teacher lectures so rapidly you can't write everything down, can you record all the important points in your notes? (N)

_____43. When you are angry about a course because of a teacher's demanding requirements, can you find a way to channel your anger to help you succeed? (S)

_____44. When your concentration wanders while writing an important paper, can you refocus it sufficiently to finish the paper on time? (W)

_____45. When describing a complex principle in a written paper, can you create an analogy that a reader will understand? (W)

_____46. When you find that your first draft of a paper is wordy, ungrammatical, or confusing, can you revise it so that it is completely clear and grammatical? (W)

_____47. When you are asked to write a concise, well-organized paper over night, can you find a way to do it? (W)

_____48. When you are dissatisfied with an important paper you are writing, can you find another person who will show you how to remove all the problems? (W)

_____49. When you are asked to write a paper on an unfamiliar topic, can you find good enough information to please your teacher? (W)

_____50. When you learn that a paper you just finished writing is confusing and needs to be completely rewritten, can you delay your other plans for a day to revise it? (W)

_____51. When you discover that your homework assignments for the semester are much longer than expected, can you change your other priorities to have enough time for studying? (S)

_____52. When you think you did poorly on a test you just finished, can you go back to your notes and locate all the information you had forgotten? (T)

_____53. When you are struggling to remember the details of a complex reading assignment, can you write summary notes that will greatly improve your recall? (R)

_____54. When you find that you had to "cram" at the last minute for a test, can you begin your test preparation much earlier so you won't need to cram the next time? (T)

_____55. When other students from your class emphasize parts of the teacher's lecture that you excluded from your notes, can you correct this omission before the next class meeting? (N)

_____56. When you are struggling to understand a body of information for a test, can you diagram it or chart it so you will remember it all two weeks later? (T)

_____57. When you have trouble studying your class notes because they are incomplete or confusing, can you revise and rewrite them clearly after every lecture? (N)

R = reading item

S = study item

T = test preparation item

N = note-taking item

W = writing item