

## PARENTAL SELF-EFFICACY SCALE

This questionnaire is designed to help us gain a better understanding of the kinds of things that make it difficult for parents to influence their children's school activities. Please indicate your opinion about each of the statements below by circling the appropriate number. Your answers will be kept strictly confidential and you will not be identified.

### EFFICACY TO INFLUENCE SCHOOL-RELATED PERFORMANCE

How much can you do to make your children see school as valuable?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to help children to do their homework?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to help your children to work hard at their school work?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to get your children to stay out of trouble in school?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to discourage your children from skipping school?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to help your children get good grades in school?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to teach your children to enjoy school?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to show your children that working hard at school influences later successes?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

**EFFICACY TO INFLUENCE LEISURE-TIME ACTIVITIES**

How much can you do to get your children into activities outside of school (for example, music, art, dance, lessons, sports activities)?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to help your children keep physically fit?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you involve yourself with your children in their leisure activities?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

**EFFICACY IN SETTING LIMITS, MONITORING ACTIVITIES AND INFLUENCING PEER AFFILIATIONS**

How much can you do to keep track of what your children are doing when they are outside the home?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to prevent your children from getting in with the wrong crowd of friends?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to get your children to associate with friends who are good for them?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to get your children to do things you want at home?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to manage when your children go out and they have to be in?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to instill your values in your children?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to spend time with your children and their friends?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to work with other parents in the neighborhood at keeping it safe for your children?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to keep your children from going to dangerous areas and playgrounds?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

**EFFICACY TO EXERCISE CONTROL OVER HIGH-RISK BEHAVIORS**

How much can you do to prevent your children from doing things you do not want them to do outside the home?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to prevent your children from becoming involved in drugs or alcohol?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to prevent your children from becoming involved in premature sexual activity?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much could you do if you found your children were using drugs or alcohol?

1            2            3            4            5            6            7            8            9  
Nothing            Very Little            Some Influence            Quite a Bit            A Great Deal

How much could you do to stop your children if you found that they were sexually active?

1            2            3            4            5            6            7            8            9  
Nothing            Very Little            Some Influence            Quite a Bit            A Great Deal

**EFFICACY TO INFLUENCE THE SCHOOL SYSTEM**

How much can you do to influence what teachers expect your children to be able to do in schoolwork?

1            2            3            4            5            6            7            8            9  
Nothing            Very Little            Some Influence            Quite a Bit            A Great Deal

How much can you do to influence what is taught in your children's school?

1            2            3            4            5            6            7            8            9  
Nothing            Very Little            Some Influence            Quite a Bit            A Great Deal

How much can you do to make your children's school a better place for children to learn?

1            2            3            4            5            6            7            8            9  
Nothing            Very Little            Some Influence            Quite a Bit            A Great Deal

How much can you do to influence the social activities in your children's school?

1            2            3            4            5            6            7            8            9  
Nothing            Very Little            Some Influence            Quite a Bit            A Great Deal

How much can you do to get parents involved in the activities of your children's school?

1            2            3            4            5            6            7            8            9  
Nothing            Very Little            Some Influence            Quite a Bit            A Great Deal

How much can you do to influence the books that are used in your children's school?

1            2            3            4            5            6            7            8            9  
Nothing            Very Little            Some Influence            Quite a Bit            A Great Deal

How much can you do to make your children's school a friendly and caring place?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to make parents feel welcome in your children's school?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to influence what is taught to your children?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to influence what your children do after school?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

**EFFICACY TO ENLIST COMMUNITY RESOURCES FOR SCHOOL DEVELOPMENT**

How much can you do to get neighborhood groups involved in working with schools?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to get churches involved in working with schools?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to get businesses involved in working with schools?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to get boy scouts/girl scouts involved in working with schools?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to get the YMCA/YWCA involved in working with schools?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to get a Private Industry Council involved in working with schools?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to get advocacy groups such as the Urban League, NAACP, or Anti-Defamation League involved in working with schools?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to get local colleges and universities involved in working with schools?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to get local health clinics and hospitals involved in working with schools?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to get public funds for specific programs in the schools?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

**EFFICACY TO INFLUENCE SCHOOL RESOURCES**

How much can you do to help your children's school get the educational materials and equipment it needs?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How much can you do to influence the size of the classes in your children's school?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

**EFFICACY TO CONTROL DISTRESSING RUMINATION**

How well can you stop yourself from worrying about things?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How well can you take your mind off upsetting experiences?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How well can you keep yourself from being upset by everyday problems?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How well can you keep your mind on the things you are doing after you have had an upsetting experience?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

**RESILIENCY OF SELF-EFFICACY**

How well can you keep tough problems from getting you down?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How well can you bounce back after you tried your best and failed?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How well can you get yourself to keep trying when things are going really badly?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How well can you keep up your spirits when you suffer hardships?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How well can you get rid of self-doubts after you have had tough setbacks?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How well can you keep from being easily rattled?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal

How well can you overcome discouragement when nothing you try seems to work?

1	2	3	4	5	6	7	8	9
Nothing		Very Little		Some Influence		Quite a Bit		A Great Deal