

## How I See Myself

For each of the qualities or skills below, we would like you to rate yourself in comparison to your peers. Specifically, we want you to think about how the average UCLA college students of your age and gender rates on each of these qualities or skills, and then rate yourself in comparison. Please use the following scale to rate yourself:

- 1 = Much worse than the average college student of my age and gender
- 2 = Somewhat worse than the average college student of my age and gender
- 3 = Slightly worse than the average college student of my age and gender
- 4 = About the same than the average college student of my age and gender
- 5 = Slightly better than the average college student of my age and gender
- 6 = Somewhat better than the average college student of my age and gender
- 7 = Much better than the average college student of my age and gender

Please read each item and fill in with the number that corresponds to your self-perception.

- |                                     |   |
|-------------------------------------|---|
| _____ Cheerful                      | _____ Anxious                                       |
| _____ Socially self-confident       | _____ Self-defeating                                |
| _____ Moody                         | _____ Original                                      |
| _____ Intellectually self-confident | _____ Cranky  |
| _____ Creative                      | _____ Understanding of others                       |
| _____ Selfish                       | _____ Manipulative                                  |
| _____ Academically able             | _____ Shy   |
| _____ Self-respecting               | _____ Sensitive to others                           |
| _____ Impatient                     | _____ Desire to achieve                             |
| _____ Difficulty making friends     | _____ Lazy  |
| _____ Lacking motivation            | _____ Confident in ability to obtain personal goals |