

Patterns of Adaptive Learning Scales¹

The first question is an example.

I like strawberry ice cream.

1	2	3	4	5
NOT AT ALL TRUE		SOMEWHAT TRUE		VERY TRUE

HERE ARE SOME QUESTIONS ABOUT YOURSELF AS A STUDENT IN THIS CLASS. PLEASE CIRCLE THE NUMBER THAT BEST DESCRIBES WHAT YOU THINK.

1. I'm certain I can master the skills taught in class this year.

1	2	3	4	5
NOT AT ALL TRUE		SOMEWHAT TRUE		VERY TRUE

2. It's important to me that I don't look stupid in class.

1	2	3	4	5
NOT AT ALL TRUE		SOMEWHAT TRUE		VERY TRUE

3. When I've figured out how to do a problem, my teacher gives me more challenging problems to think about.

1	2	3	4	5
NOT AT ALL TRUE		SOMEWHAT TRUE		VERY TRUE

4. It's important to me that other students in my class think I am good at my class work.

1	2	3	4	5
NOT AT ALL TRUE		SOMEWHAT TRUE		VERY TRUE

5. It's important to me that I learn a lot of new concepts this year.

1	2	3	4	5
NOT AT ALL TRUE		SOMEWHAT TRUE		VERY TRUE

6. My teacher presses me to do thoughtful work.

1	2	3	4	5
NOT AT ALL TRUE		SOMEWHAT TRUE		VERY TRUE

7. I'm certain I can figure out how to do the most difficult class work.

1	2	3	4	5
NOT AT ALL TRUE		SOMEWHAT TRUE		VERY TRUE

¹ Developed by Carol Midgley. University of Michigan. Used with permission.

http://www.umich.edu/~pals/PALS%202000_V13Word97.pdf downloaded February 12, 2011.

8. My teacher asks me to explain how I get my answers.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

9. When I'm working out a problem, my teacher tells me to keep thinking until I really understand.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

10. My teacher doesn't let me do just easy work, but makes me think.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

11. One of my goals in class is to learn as much as I can.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

12. One of my goals is to show others that I'm good at my class work.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

13. One of my goals is to master a lot of new skills this year.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

14. One of my goals is to keep others from thinking I'm not smart in class.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

15. It's important to me that I thoroughly understand my class work.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

16. One of my goals is to show others that class work is easy for me.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

17. One of my goals is to look smart in comparison to the other students in my class.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

18. It's important to me that I look smart compared to others in my class.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

19. It's important to me that I improve my skills this year.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

20. It's important to me that my teacher doesn't think that I know less than others in class.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

21. I can do almost all the work in class if I don't give up.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

22. My teacher makes sure that the work I do really makes me think.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

23. One of my goals in class is to avoid looking like I have trouble doing the work.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

24. Even if the work is hard, I can learn it.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

25. My teacher accepts nothing less than my full effort.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

26. I can do even the hardest work in this class if I try.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE