

Transitions Skills and Strategies

**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** |  |

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