

# Self-Concept

## *Definition*

Self-concept can be defined as the entirety of a person's thoughts and feelings about themselves (Rosenberg, 1979). Having a positive self-concept is related to a number of outcomes, including greater job performance (Judge, Erez, & Bono, 1998), positive effects on college adjustment (Boulter, 2002), and academic achievement (Pajares & Schunk, 2001).

## *Related Indicators*

- Individual Self-Esteem
- Collective Self-Esteem
- Social Self-Efficacy
- Emotional Self-Efficacy
- Social Competence
- Resilience

***Self-Concept Questionnaire***

Please indicate the degree to which each statement applies to you by circling one of the following:

1 = NOT True; 2 = A Little NOT True; 3 = A Little True; 4 = True

1.	I like the person I am.	NOT True 1	A Little NOT True 2	A Little True 3	True 4
2.	I am a good person.	NOT True 1	A Little NOT True 2	A Little True 3	True 4
3.	Most things I do, I do well.	NOT True 1	A Little NOT True 2	A Little True 3	True 4
4.	When I think about my family, I feel happy.	NOT True 1	A Little NOT True 2	A Little True 3	True 4
5.	My family are good people.	NOT True 1	A Little NOT True 2	A Little True 3	True 4
6.	I am proud of my family.	NOT True 1	A Little NOT True 2	A Little True 3	True 4
7.	I like the way I look.	NOT True 1	A Little NOT True 2	A Little True 3	True 4
8.	I am proud of myself.	NOT True 1	A Little NOT True 2	A Little True 3	True 4
9.	I can do things as well as most people my age.	NOT True 1	A Little NOT True 2	A Little True 3	True 4
10.	If I really try, I can do almost anything that I want to do.	NOT True 1	A Little NOT True 2	A Little True 3	True 4
11.	When I think about school, I feel happy.	NOT True 1	A Little NOT True 2	A Little True 3	True 4
12.	I am good at my school work.	NOT True 1	A Little NOT True 2	A Little True 3	True 4
13.	My teachers like me.	NOT True 1	A Little NOT True 2	A Little True 3	True 4
14.	I like coming to school.	NOT True 1	A Little NOT True 2	A Little True 3	True 4

Source: Purdie, Tripcony, Boulton-Lewis, Fanshawe, & Gunstone, 2000.