

SELF REPORT: After reading each sentence, please fill-in the symbol on the line where you feel it should go.

MY FEELINGS ABOUT THIS TASK

1. I thought this task was . . .

Ò _____ Ò _____ Ò _____ Ò _____ Ò _____
very easy kind of easy just right kind of hard very hard

2. I gave this task

Ò _____ Ò _____ Ò _____ Ò _____ Ò _____
no effort a little effort good effort a lot of effort my best effort

3. On this task I think my answers were

Ò _____ Ò _____ Ò _____ Ò _____ Ò _____
all wrong mostly wrong half and half mostly right all right

ON THIS TASK I WAS

Successful because:

Unsuccessful because:

1. The task was easy

1. The task was difficult

Ò _____ Ò _____ Ò _____
not kind of very
important important important

Ò _____ Ò _____ Ò _____
not kind of very
important important important

2. I tried

2. I did not try

Ò _____ Ò _____ Ò _____
not kind of very
important important important

Ò _____ Ò _____ Ò _____
not kind of very
important important important

3. I was lucky

3. I was not lucky

Ò _____ Ò _____ Ò _____
not kind of very
important important important

Ò _____ Ò _____ Ò _____
not kind of very
important important important

4. I am capable/good at this

4. I am not capable/good at this

Ò _____ Ò _____ Ò _____
not kind of very
important important important

Ò _____ Ò _____ Ò _____
not kind of very
important important important