



INSTRUCTIONS

This instrument has been designed to help you plan your career choice. It is composed of 69 items, each of which describes a specific activity. You are asked to assess how *confident you are* in your ability to perform each activity successfully.

Please use the following scale to rate how confident you are that you can perform each of the activities identified. Note that the scale ranges from 0 (*I cannot do this activity at all*) to 10 (*I am certain that I can do this activity successfully*). Remember that you may use *any number between 1 and 10*.

1	2	3	4	5	6	7	8	9	10
Cannot do at all				Moderately certain can do					Certain can do

The following example illustrates the rating.

Sample Item.	Play chess	3
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In this example, note that the person wrote a 3 in the space to the right of the item, indicating that he/she has relatively low confidence about his/her ability play chess.

Take in account that you are not asked to rate whether you like or dislike a particular activity. Rather, you are asked *how confident you are* in your ability carry out the activity successfully.

There is no time limit in which to complete the items. Please *answer all the items* and *write only one response* in each box. Feel free to ask the administratar for help if you do not understand the meaning of any item.

PLEASE PROVIDE THE FOLLOWING INFORMATION						
NAME						
AGE		SEX	F		CURRENT ACADEMIC YEAR	
			M			
SCHOOL					GRADE LEVEL	

Using the scale below, rate how confident you are that you can perform each of the activities identified. Note that the scale ranges from 0 (*I cannot do this activity at all*) to 10 (*I am certain that I can do this activity successfully*). You may use *any* number between 1 and 10.

1	2	3	4	5	6	7	8	9	10
Cannot do at all				Moderately certain can do					Certain can do

1. Analyze literary pieces such as novels, stories, essays, or poems	
2. Create literary compositions such as stories or poems	
3. Recognize genres and literary styles	
4. Get the main ideas from a text	
5. Write with grammatical accuracy	
6. Write journalistic text on current issues	
7. Write formal papers or compositions	
8. Possess and use a wide and fluent vocabulary	
9. Solve physics problems.	
10. Get high grades in mathematics	
11. Interpret survey or census statistics	
12. Solve geometric problems	
13. Mentally carry out mathematical operations	
14. Solve chemical equations	
15. Solve problems that involve mathematical operations	
16. Use scientific calculators	
17. Do bookkeeping	
18. Do precise drawings	
19. Draw three-dimensional objects such as geometric figures	
20. Use perspective in drawing	
21. Interpret architectural drafts or blueprints	
22. Design buildings	
23. Design scale models	
24. Do graphic design	
25. Draw architectural or mechanical drafts	
26. Play a musical instrument as a soloist	
27. Read musical scores	

28. Compose music	
29. Sing harmoniously together with other people	
30. Sing in tune as a soloist	
31. Evaluate the tuning of a musical instrument	
32. Play an instrument in a musical group	
33. Listen to a simple melody and transcribe it on a score	
34. Arrange musical themes	
35. Give advice to people with personal problems	
36. Quickly recognize other people's wishes and intentions	
37. Lead a group of people	
38. Engage in public speaking	
39. Act in dramatic representations such as a play	
40. Defend other people's rights	
41. Speak with people who are at a higher level of authority, such as a boss, principal, or dean	
42. Promote a product or service	
43. Establish and maintain relationships with people you don't know well.	
44. Practice a sport that requires effort	
45. Compete in sports that require accuracy such as making baskets or scoring goals	
46. Compete in a speed race	
47. Do physical exercises that require resistance	
48. Do physical exercises or compete in sports that require agility	
49. Avoid obstacles in a race	
50. Do physical exercises or compete in sports that require individual coordination	
51. Do physical exercises or compete in sports that require equilibrium	
52. Do physical exercises or compete in sports that require strength	
53. Understand your own personality	
54. Describe your feelings accurately and precisely	
55. Identify your emotional needs	
56. Describe your goals and objectives	
57. Analyze the causes of your emotions	
58. Recognize your strengths and weaknesses in different situations	
59. Recognize your emotions at the moment when they happen	
60. Distinguish between feelings that may appear similar but in fact differ, such as the difference between sadness and depression	

61. Recognize different kinds of cells and/or tissues under a microscope	
62. Recognize different kinds of rocks	
63. Identify differences among animals of the same order	
64. Identify vegetables of the same family	
65. Use pollution evaluation techniques	
66. Do experiments to analyze natural phenomena	
67. Identify different kinds of soil	
68. Identify the different kinds of heavenly bodies	
69. Use weather evaluation techniques	