

ASKU (English version)

The following statements may apply more or less to you. To what extent do you think each statement applies to you personally?

	doesn't apply at all	applies a bit	applies somewhat	applies mostly	applies complete- ly
(1) I can rely on my own abilities in difficult situations.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
(2) I am able to solve most problems on my own.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
(3) I can usually solve even challenging and complex tasks well.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5