

Attitudes Toward Work

	1	2	3	4	5	6	7
	Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree
1. I have high standards for my performance at work or at school.						_____	
2. I am an orderly person.						_____	
3. I often feel frustrated because I can't meet my goals.						_____	
4. Neatness is important to me.						_____	
5. If you don't expect much out of yourself, you will never succeed.						_____	
6. My best just never seems to be good enough for me.						_____	
7. I think things should be put away in their place.						_____	
8. I have high expectations for myself.						_____	
9. I rarely live up to my high standards.						_____	
10. I like to always be organized and disciplined.						_____	
11. Doing my best never seems to be enough.						_____	
12. I set very high standards for myself.						_____	
13. I am never satisfied with my accomplishments.						_____	
14. I expect the best from myself.						_____	
15. I often worry about not measuring up to my own expectations.						_____	
16. My performance rarely measures up to my standards.						_____	
17. I am not satisfied even when I know I have done my best.						_____	
18. I try to do my best at everything I do.						_____	
19. I am seldom able to meet my own high standards of performance.						_____	
20. I am hardly ever satisfied with my performance.						_____	
21. I hardly ever feel that what I've done is good enough.						_____	
22. I have a strong need to strive for excellence.						_____	
23. I often feel disappointment after completing a task because I know I could have done better.						_____	

Slaney, R. B., Rice, K. G., Mobley, M., Trippi, J., & Ashby, J. S. (2001). The Revised Almost Perfect Scale. *Measurement and Evaluation in Counseling and Development, 34*, 130-145.

Vandiver, B. J., & Worrell, F. C. (2002). The reliability and validity of scores on the Almost Perfect Scale-Revised with academically talented middle school students. *The Journal of Secondary Gifted Education, 13*, 108-119.

APPROACH TO SCHOOL WORK: The questions in this section address how you think about studying and approaching your school work.

	Not at all true of me					Very true of me
1. I feel most successful in class when I learn something I didn't know before.	1	2	3	4	5	
2. I like school work that I will learn from, even if I make a lot of mistakes.	1	2	3	4	5	
3. I worry about getting good grades in class.	1	2	3	4	5	
4. The main reason I do my work in this program is because we get grades.	1	2	3	4	5	
5. I don't care whether I understand something or not in class as long as I get the right answer.	1	2	3	4	5	
6. I worry about doing worse than other students in this program.	1	2	3	4	5	
7. When I make mistakes in class, I try to figure out why.	1	2	3	4	5	
8. I spend some time thinking about how to do my work before I start it.	1	2	3	4	5	
9. I ask myself questions when I do my work to make sure I understand.	1	2	3	4	5	
10. When working on a problem, I try to see how it connects with something in everyday life.	1	2	3	4	5	
11. I do my school work because it's required, not because I want to.	1	2	3	4	5	
12. The main reason I do my school work is because I would get into trouble if I didn't.	1	2	3	4	5	
13. Understanding the work in class is more important to me than the grade I get.	1	2	3	4	5	
14. The main reason I do my work in class is because I like to learn.	1	2	3	4	5	
15. I only figure out why I got a problem wrong when the teacher makes me do it.	1	2	3	4	5	
16. If I can't solve a schoolwork problem one way, I try to use a different way.	1	2	3	4	5	
17. I try to connect new work in class to what I've learned before.	1	2	3	4	5	
18. I worry about whether my teachers think I am as smart as other kids in my classes.	1	2	3	4	5	
19. I take my time to figure out my work in school classes.	1	2	3	4	5	
20. I like classes best when they make me think.	1	2	3	4	5	

Anderman et al. (1998)

Classroom Learning Orientation

Please rate this school on the following questions.

	Not at All True				Very True
1. In this school, teachers are always talking about the superior students.	1	2	3	4	5
2. If we do well, we can get out of doing homework.	1	2	3	4	5
3. In this school, teachers believe all students can learn.	1	2	3	4	5
4. If we do really well, we can get out of doing some assignments or work as a reward.	1	2	3	4	5
5. In this school, we are encouraged to compete against each other for grades.	1	2	3	4	5
6. In this school, we are given a chance to do interesting and creative work.	1	2	3	4	5
7. Our teacher recognizes us for trying hard.	1	2	3	4	5
8. Our teacher gives us time to really explore and understand new ideas.	1	2	3	4	5
9. In this school, teachers care only about the smarter kids.	1	2	3	4	5
10. In this school, every student can be successful.	1	2	3	4	5
11. In this school, teachers treat students who get good grades better than other kids.	1	2	3	4	5
12. In this School, only a few kids get praised for their schoolwork.	1	2	3	4	5
13. In this program, teachers want students to really understand their work, not just memorize it.	1	2	3	4	5
14. Our teacher really wants us to enjoy learning new things.	1	2	3	4	5
15. Trying hard counts a lot in this school.	1	2	3	4	5
16. This school has given up on some of its students.	1	2	3	4	5