

Self-Efficacy Scale for Lesson 7 – Dealing with Criticism

Student: _____ Date: _____

Please rate how certain you are that you can do the things described below by circling the appropriate number. Rate your degree of confidence by recording a number from 0 to 10 using the scale below.

0 1 2 3 4 5 6 7 8 9 10
0 = I cannot do at all 5 = I usually can 10 = I always can

1. I can control my thoughts and emotions when I am criticized, and I am able to listen carefully to the words someone uses to offer criticism.

0 1 2 3 4 5 6 7 8 9 10

2. I am able to tell how to react to criticism by considering the source, or the particular person offering the criticism.

0 1 2 3 4 5 6 7 8 9 10

3. I can tell the difference between destructive criticism I should ignore and constructive criticism I should acknowledge and consider.

0 1 2 3 4 5 6 7 8 9 10

4. I can listen carefully and effectively when I am offered constructive criticism.

0 1 2 3 4 5 6 7 8 9 10

5. If I am given constructive criticism, I am able to determine how I might improve.

0 1 2 3 4 5 6 7 8 9 10

6. If I am given constructive criticism, I am able to ask for clarification or details if I need to, in order to understand how I can improve.

0 1 2 3 4 5 6 7 8 9 10

7. If I am given criticism I think is unjust, untrue, or undeserved, I can tell the person in a calm, appropriate manner while avoiding an argument or conflict.

0 1 2 3 4 5 6 7 8 9 10

8. When I am giving someone else constructive criticism, I can use a pleasant tone of voice and consider how the person might feel about the criticism.

0 1 2 3 4 5 6 7 8 9 10

9. When I offer constructive criticism, I am able to criticize in terms of improvement by identifying specific actions or behaviors, rather than criticizing a person.

0 1 2 3 4 5 6 7 8 9 10