

ID: _____

DATE: ___/___/___

Harter Self Perception Profile - Children

AGE: ___

MALE: 1 FEMALE: 2

INSTRUCTIONS

We have some sentences here and, as you can see from the top of your sheet where it says "What I Am Like," we are interested in what you are like, what kind of a person you are like. This is a survey, not a test.

There are no right or wrong answers, since kids are very different from one another.

First let me explain how these sentences work. There is a sample sentence at the top, in a box marked "SAMPLE." I'll read it out loud and you follow along with me. (Examiner reads sample sentence.) This sentence talks about two kinds of kids, and we want to know which kids are most like *you*. There are two steps before you mark your answer.

- (1) You must first decide whether *you* are more like the kids on the left side in the sample sentence (who would rather play outdoors), or whether you are more like the kids on the right side (who would rather watch T.V.). Don't mark anything yet, but first decide which kind of kid is *most like you*, and go to that side of the sentence.
- (2) The *second* thing I want you to think about, now that you have decided which kind of kids are most like you, is to decide whether that is only *sort of true for you*, or *really true for you*. If it's only sort of true, then circle the number under "sort of true" (which is either a 2 or 3, depending on the side); if it's really true for you, then circle the number under "really true" (which is either 1 or 4, depending on the side).

For each sentence you should only circle only one of the four numbers. Sometimes it will be on one side of the page, other times it will be on the other side of the page, but you can only circle *one* number for each sentence. You *don't* circle a number on both sides, just on the *one* side which is most like you.

OK, that one was just for practice. Now we have some sentences which I'm going to read out loud. For each one, just circle one number, the one that goes with what is true for you, what you are most like.

Susan Harter, Ph.D., University of Denver, 1985

WHAT I AM LIKE

Really Sort of
True True
for Me for Me

Sort of Really
True True
for Me for Me

For each sentence you should only circle one of the four numbers. Sometimes it will be on one side of the page, other times it will be on the other side of the page, but you can only circle *one* number for each sentence. You *don't* circle a number on both sides, just on the *one* side which is most like you.

			SAMPLE SENTENCE		
SAMPLE:	1	2	Some kids would rather play outdoors in their spare time	BUT	Other kids would rather watch T.V.
					3 4

- | | | | | | | | |
|----|---|---|---|------------|---|----------|----------|
| 1) | 1 | 2 | Some kids feel that they are very <i>good</i> at their school work | BUT | Other kids <i>worry</i> about whether they can do the school work assigned to them. | 3 | 4 |
| | | | | | | | |
| | | | | | | 3 | 4 |
| 2) | 1 | 2 | Some kids find it <i>hard</i> to make friends | BUT | Other kids find it's pretty <i>easy</i> to make friends. | 3 | 4 |
| | | | | | | | |
| | | | | | | 3 | 4 |
| 3) | 1 | 2 | Some kids do very <i>well</i> at all kinds of sports | BUT | Other kids <i>don't</i> feel that they are very good when it comes to sports. | 3 | 4 |
| | | | | | | | |
| | | | | | | 3 | 4 |
| 4) | 1 | 2 | Some kids are <i>happy</i> with the way they look | BUT | Other kids are <i>not</i> happy with the way they look. | 3 | 4 |
| | | | | | | | |
| | | | | | | 3 | 4 |
| 5) | 1 | 2 | Some kids often do <i>not</i> like the way they <i>behave</i> | BUT | Other kids usually <i>like</i> the way they behave. | 3 | 4 |
| | | | | | | | |
| | | | | | | 3 | 4 |
| 6) | 1 | 2 | Some kids are often <i>unhappy</i> with themselves | BUT | Other kids are pretty <i>pleased</i> with themselves. | 3 | 4 |
| | | | | | | | |
| | | | | | | 3 | 4 |
| 7) | 1 | 2 | Some kids feel like they are <i>just as smart</i> as other kids their age | BUT | Other kids aren't so sure and <i>wonder</i> if they are as smart. | 3 | 4 |
| | | | | | | | |
| | | | | | | 3 | 4 |
| 8) | 1 | 2 | Some kids have <i>a lot of</i> friends | BUT | Other kids <i>don't</i> have very many friends. | 3 | 4 |
| | | | | | | | |
| | | | | | | 3 | 4 |

Really Sort of

Sort of Really

	<u>True for Me</u>	<u>True for Me</u>			<u>True for Me</u>	<u>True for Me</u>
9)	1	2	Some kids wish they could be a lot better at sports	BUT	Other kids feel they are good enough at sports.	3 4
10)	1	2	Some kids are <i>happy</i> with their height and weight	BUT	Other kids wish their height or weight were <i>different</i> .	3 4
11)	1	2	Some kids usually do the <i>right</i> thing	BUT	Other kids often <i>don't</i> do the right thing.	3 4
12)	1	2	Some kids <i>don't</i> like the way they are leading their life.	BUT	Other kids <i>do</i> like the way they are leading their life.	3 4
13)	1	2	Some kids are pretty <i>slow</i> in finishing their school work	BUT	Other kids can do their school work <i>quickly</i> .	3 4
14)	1	2	Some kids would like to have a lot more friends	BUT	Other kids have as many friends as they want.	3 4
15)	1	2	Some kids think they could do well at just about any new sports activity they haven't tried before	BUT	Other kids are afraid they might <i>not</i> do well at sports they haven't ever tried.	3 4
16)	1	2	Some kids wish their body was <i>different</i>	BUT	Other kids <i>like</i> their body the way it is.	3 4
17)	1	2	Some kids usually <i>act</i> the way they know they are <i>supposed</i> to	BUT	Other kids often <i>don't</i> act the way they are supposed to.	3 4
18)	1	2	Some kids are <i>happy</i> with themselves as a person	BUT	Other kids are often <i>not</i> happy with themselves.	3 4
19)	1	2	Some kids often <i>forget</i> what they learn	BUT	Other kids can remember things <i>easily</i> .	3 4
20)	1	2	Some kids are always doing things with <i>a lot</i> of kids	BUT	Other kids usually do things <i>by themselves</i> .	3 4
21)	1	2	Some kids feel that they are <i>better</i> than others their age at sports	BUT	Other kids <i>don't</i> feel they can play as well.	3 4
	Really	Sort of				Sort of Really

	<u>True for Me</u>	<u>True for Me</u>			<u>True for Me</u>	<u>True for Me</u>
22)	1	2	Some kids wish their physical appearance (how they look) was <i>different</i>	BUT	Other kids <i>like</i> their physical appearance the way it is.	3 4
23)	1	2	Some kids usually get in <i>trouble</i> because of things they do	BUT	Other kids usually <i>don't</i> do things that get them in trouble.	3 4
24)	1	2	Some kids <i>like</i> the kind of person they are	BUT	Other kids often wish they were someone else.	3 4
25)	1	2	Some kids do <i>very well</i> at their classwork	BUT	Other kids <i>don't</i> do very well at their classwork.	3 4
26)	1	2	Some kids wish that more people their age liked them	BUT	Other kids feel that most people their age <i>do</i> like them.	3 4
27)	1	2	In games and sports some kids usually <i>watch</i> instead of play	BUT	Other kids usually <i>play</i> rather than just watch.	3 4
28)	1	2	Some kids wish that something about their face or hair looked <i>different</i>	BUT	Other kids <i>like</i> their face and hair the way they are.	3 4
29)	1	2	Some kids do things they know they <i>shouldn't</i> do	BUT	Other kids <i>hardly ever</i> do things they know they shouldn't do.	3 4
30)	1	2	Some kids are very <i>happy</i> being the way they are	BUT	Other kids wish they were <i>different</i> .	3 4
31)	1	2	Some kids have <i>trouble</i> figuring out the answers in school	BUT	Other kids almost <i>always</i> can figure out the answers.	3 4
32)	1	2	Some kids are <i>popular</i> with others their age	BUT	Other kids are <i>not</i> very popular.	3 4
33)	1	2	Some kids <i>don't</i> do well at new outdoor games	BUT	Other kids are <i>good</i> at new games right away.	3 4
34)	1	2	Some kids think that they are good looking	BUT	Other kids think that they are not very good looking.	3 4
	Really	Sort of			Sort of	Really

	<u>True for Me</u>	<u>True for Me</u>			<u>True for Me</u>	<u>True for Me</u>
35)	1	2	Some kids behave themselves very well	BUT	Other kids often find it hard to behave themselves.	3 4
36)	1	2	Some kids are <i>not</i> very happy with the way they do a lot of things	BUT	Other kids think the way they do things is <i>fine</i> .	3 4

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