

# **UNIVERSITY OF KANSAS**

## **Self-Determination Inventory Self-Report (SDI-SR)**

### *Survey Information - Student*

We would like to learn more about how you think about problem-solving and goal setting. Please answer each and every item, so we can find out whether or not these are the best questions to use on a new measure of self-determination. Some of the questions may ask things you have never thought about; just give us your best answer.

All of your answers will be private. Your individual responses will not be shared with anyone. Your participation is voluntary, that is, you do not have to participate if you do not want to. You can stop completing the survey at any time and you can skip any question that you do not want to answer.

Questions on this survey may cause you to think a lot about things in your life. If you need to talk more about these, find someone you trust to share your thoughts with after completing the survey.

**NAME:** \_\_\_\_\_  
(Please print)

**SCHOOL:** \_\_\_\_\_

**TEACHER'S NAME WHO HANDED YOU THE SURVEY:**  
\_\_\_\_\_

**Today's Date:** \_\_\_\_\_

# Self-Determination Inventory Self-Report (SDI-SR)

## Part I: Volitional Action

### Directions:

- 1) Read each item.
- 2) Mark a line to show how much you disagree or agree with the statement. Darker black shows agreement.

### Example:

I go to events when I want.

*Disagree*

*Agree*



### Autonomy

1. I plan weekend activities I like to do.

*Disagree*

*Agree*



2. I choose activities I want to do.

*Disagree*

*Agree*



3. I text, e-mail or talk on the phone to friends or family when I choose.

*Disagree*

*Agree*



4. I go to restaurants I like.

*Disagree*

*Agree*



5. I choose which gifts to give someone.

*Disagree*

*Agree*



6. I choose what my room looks like.

*Disagree*

*Agree*



### **Self-Initiation**

7. I choose when to act.

*Disagree*

*Agree*



8. I start new activities on my own.

*Disagree*

*Agree*



9. I consider many possibilities when I make plans for my future.

*Disagree*

*Agree*



10. My past experiences help me plan what I will do next.

*Disagree*

*Agree*



11. I change what I do when it has not worked in the past.

*Disagree*

*Agree*



12. I look for new experiences I think I will like.

*Disagree*

*Agree*



13. I do things I liked in the past.

*Disagree*

*Agree*



## *Part II: Agentic Action*

### **Self-Direction**

14. I set my own goals.

*Disagree*

*Agree*



15. I make my own decisions.

*Disagree*

*Agree*



16. I act on decisions I make.

*Disagree*

*Agree*



17. I do what is best for me when I face a challenge.

*Disagree*

*Agree*



18. I take action when new opportunities come my way.

*Disagree*

*Agree*



19. I think about each of my goals.

*Disagree*

*Agree*



### **Pathways Thinking**

20. I think of more than one way to solve a problem.

*Disagree*

*Agree*



21. I find another way to get something done.

*Disagree*

*Agree*



22. I figure out ways to get around obstacles.

*Disagree*

*Agree*



23. I come up with ways to reach my goals.

*Disagree*

*Agree*



### Part III: Action-Control Beliefs

#### Psychological Empowerment

24. I tell people when I think I can do something.

*Disagree*

*Agree*



25. I think trying hard helps me get what I want.

*Disagree*

*Agree*



26. I keep trying even after I get something wrong.

*Disagree*

*Agree*



27. I know how to get what I want.

*Disagree*

*Agree*



28. I can make good choices.

*Disagree*

*Agree*



29. I make friends in new situations.

*Disagree*

*Agree*



30. I make choices that are important to me.

*Disagree*

*Agree*



### **Self-Realization**

31. It is better to be yourself than to be popular.

*Disagree*

*Agree*



32. I know what I do best.

*Disagree*

*Agree*



33. I make up for my limitations.

*Disagree*

*Agree*



34. Others like me.

*Disagree*

*Agree*



35. I am confident in my abilities.

*Disagree*

*Agree*



36. I know my strengths.

*Disagree*

*Agree*



### **Control-Expectancy**

37. I have the skills to carry out my plans.

*Disagree*

*Agree*



38. I have what it takes to reach my goals.

*Disagree*

*Agree*



39. I work hard to reach my goals.

*Disagree*

*Agree*



40. I keep trying to get what I want.

*Disagree*

*Agree*





41. I pay attention to get what I want.

*Disagree*

*Agree*



42. I am able to focus to reach my goals.

*Disagree*

*Agree*



43. I get help from my friends to carry out my plans.

*Disagree*

*Agree*



44. I use my teachers to help me to reach my goals.

*Disagree*

*Agree*



45. I use my parents to help me get what I want.

*Disagree*

*Agree*



## Part IV: Agentic Action (cont.)

### Directions:

The next items show a story with a beginning and ending, and you have to pick the **BEST** and **WORST** middle to complete the story.

### Example:

Here's an example,

**BEGINNING** - you get up in the morning...

**ENDING** - you go to school or work.

What goes on in the middle, between the time you get up and leave for school or work? The **BEST** answer might be that you might get dressed, exercise, eat breakfast, or pack lunch during the middle. The **WORST** answer might be that you might put on your pajamas or eat dinner during the middle part of this example.

The next items show a story with a beginning and ending, and you have to pick the **BEST** and **WORST** middle to complete the story. You should look at all the middle answers and write down the **BEST** answer for the middle. Write the word **BEST** next to your choice. Then, decide on the **WORST** answer for the middle to complete the story. Write the word **WORST** next to your choice.

### Self-Regulation

46.

**BEGINNING:** You want to take a class in Hotel Management. An academic advisor wants you to take a Family and Child Care class. You can only take one of the classes.

**Write down which is the BEST and WORST middle to the story**

\_\_\_\_\_

"I tell my advisor my reasons to take hotel management and I sign up for it."

\_\_\_\_\_

"I decide not to listen to my advisor and take the class I want."

\_\_\_\_\_

"I want to take a class where I can learn to work in hotel management."

**ENDING:** The story ends with you taking a class in Hotel Management.

47.

**BEGINNING:** You decide you would like to work at a bookstore.

**Write down which is the BEST and WORST middle to the story**

\_\_\_\_\_ 

“I put in application and the manager hires me.”

\_\_\_\_\_ 

“I go to the bookstore and fill out an application.”

\_\_\_\_\_ 

“I love to read books and write stories.”

**ENDING:** You are working at a bookstore.

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48.

**BEGINNING:** Your friends are acting like they are mad at you.

**Write down which is the BEST and WORST middle to the story**

\_\_\_\_\_ 

“I think my friends might be mad at me.”

\_\_\_\_\_ 

“I would not talk to my friends until they talk to me.”

\_\_\_\_\_ 

“I ask my friends what's wrong and we figure things out.”

**ENDING:** You and your friends get along just fine.

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49.

**BEGINNING:** A book you need to complete your homework is missing.

**Write down which is the BEST and WORST middle to the story**

\_\_\_\_\_ 

"My friend lets me borrow his book to use."

\_\_\_\_\_ 

"I listen carefully in class and take notes."

\_\_\_\_\_ 

"I look for the book everywhere."

**ENDING:** You turn in your completed homework.

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50.

**BEGINNING:** You want to be elected as the president of a club.

**Write down which is the BEST and WORST middle to the story**

\_\_\_\_\_ 

"I ask people to vote for me and they do."

\_\_\_\_\_ 

"I make posters to run for president."

\_\_\_\_\_ 

"I want to be president of the club."

**ENDING:** You are elected as the club president.

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51.

**BEGINNING:** You want to have friends.

**Write down which is the BEST and WORST middle to the story**

\_\_\_\_\_

“I moved to a new state and I do not know anybody.”

\_\_\_\_\_

“I will go around to tables at lunch and tell everyone my name.”

\_\_\_\_\_

“I start talking to new people in my class and hang out with them.”

**ENDING:** You have friends.

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