

MT2.1_4 Individual exercise: What is your Level of Self-efficacy?

General-efficacy Scale

S/N	Statements	1 = Not at all true; 2 = Hardly true; 3 = Moderately true; 4 = Exactly true
1	I can always manage to solve difficult problems if I try hard enough.	
2	If someone opposes me, I can find the means and ways to get what I want.	
3	It is easy for me to stick to my aims and accomplish my goals.	
4	I am confident that I could deal efficiently with unexpected events.	
5	Thanks to my resourcefulness, I know how to handle unforeseen situations.	
6	I can solve most problems if I invest the necessary effort.	
7	I can remain calm when facing difficulties because I can rely on my coping abilities.	
8	When I am confronted with a problem, I can usually find several solutions.	
9	If I am in trouble, I can usually think of a solution.	
10	I can usually handle whatever comes my way.	
Total Score		

Attachment to MT2.1_4
Task 2.2



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Joint development, piloting and validation of entrepreneurial mindset and key skills curricula and training materials for third countries

Response format:

- 1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true
- Validity:

The General Self-Efficacy Scale is correlated to emotion, optimism and work satisfaction. Negative coefficients were found for depression, stress, health complaints, burnout, and anxiety.

The total score is calculated by finding the sum of the all items. For the GSE, the total score ranges between 10 and 40, with a higher score indicating more self-efficacy.

Instructions:

- Take the GES test for yourself and see where your own self-efficacy is.
- Give your test to another member of your group for marking or mark it by yourself.
- **On reflection, how did it make you feel about yourself? Does it change your view/perception of self? Are there things that you can now work on?**
- Now, share the results with the group and discuss your feelings.

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