

ID: \_\_\_\_\_

DATE: \_\_\_/\_\_\_/\_\_\_

Harter Importance Rating - Children

AGE: \_\_\_

MALE: 1 FEMALE: 2

**HOW IMPORTANT ARE THESE THINGS  
TO HOW YOU FEEL ABOUT YOURSELF AS A PERSON?**

**DIRECTIONS: Circle only one of the four numbers.**

	<u>Really True for me</u>	<u>Sort of True for me</u>			<u>Sort of True for me</u>	<u>Really True for me</u>
1)	1	2	Some kids feel it is important to do well at schoolwork in order to feel good as a person	BUT	Other kids don't think how well they do at schoolwork is that important.	3 4
2)	1	2	Some kids don't think that having a lot of friends is all that important	BUT	Other kids think that having a lot of friends is important to how they feel as a person.	3 4
3)	1	2	Some kids think it's important to be good at sports	BUT	Other kids don't think how good you are at sports is that important.	3 4
4)	1	2	Some kids think it's important to be good looking in order to feel good about themselves	BUT	Other kids don't think that's very important at all.	3 4
5)	1	2	Some kids think that it's important to behave the way they should	BUT	Other kids don't think that how they behave is that important.	3 4
6)	1	2	Some kids don't think that getting good grades is all that important to how they feel about themselves.	BUT	Other kids think that getting good grades is important.	3 4
7)	1	2	Some kids think it's important to be popular	BUT	Other kids don't think that being popular is all that important to how they feel about themselves.	3 4
	<u>Really True for me</u>	<u>Sort of True for me</u>			<u>Sort of True for me</u>	<u>Really True for me</u>

8)	<b>1</b>	<b>2</b>	Some kids don't think doing well at athletics is that important to how they feel about themselves as a person	<b>BUT</b>	Other kids feel that doing well at athletics is important.	<b>3</b>	<b>4</b>
9)	<b>1</b>	<b>2</b>	Some kids don't think that how they look is important to how they feel about themselves	<b>BUT</b>	Other kids think that how they look is important.	<b>3</b>	<b>4</b>
10 )	<b>1</b>	<b>2</b>	Some kids don't think that how they act is all that important	<b>BUT</b>	Other kids think it's important to act the way you are supposed to.	<b>3</b>	<b>4</b>

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

