

ID: _____

DATE: ___/___/___

Harter Self Perception Profile - Adolescents

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 teenagers 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 teenagers, and we want to know which teenager is most like *you*. There are two steps before you mark your answer.

- (1) You must first decide whether you are more like the teenagers on the left side in the sample sentence (who would rather go to movies) or whether you are more like the teenagers on the right side (who would rather go to sports events). Don't mark anything yet, but first decide which kind of teenager 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 teenager is 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 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 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. Continue with the rest of the sentences on your own. 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 True
for me

Sort of True
for me

Sort of True
for me

Really True
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:	SAMPLE SENTENCE					
1	2	Some teenagers like to go to movies in their spare time	BUT	Other teenagers would rather go to sports events.	3	4

- | | | | | | | | |
|----|---|---|--|-----|--|---|---|
| 1) | 1 | 2 | Some teenagers feel that they are just as smart as others their age | BUT | Other teenagers aren't so sure and wonder if they are as smart. | 3 | 4 |
| 2) | 1 | 2 | Some teenagers find it hard to make friends | BUT | For other teenagers it's pretty easy. | 3 | 4 |
| 3) | 1 | 2 | Some teenagers do very well at all kinds of sports | BUT | Other teenagers don't feel that they are very good when it comes to sports | 3 | 4 |
| 4) | 1 | 2 | Some teenagers are <i>not</i> happy with the way they look | BUT | Other teenagers <i>are</i> happy with the way they look. | 3 | 4 |
| 5) | 1 | 2 | Some teenagers feel ready to do well at a part-time job | BUT | Other teenagers feel that they are not quite ready to handle a part-time job. | 3 | 4 |
| 6) | 1 | 2 | Some teenagers feel that if they are romantically interested in someone, that person will like them back | BUT | Other teenagers worry that when they like someone romantically, that person <i>won't</i> like them back. | 3 | 4 |
| 7) | 1 | 2 | Some teenagers usually do the right thing | BUT | Other teenagers often don't do what they know is right. | 3 | 4 |

Really True

Sort of True

Sort of True

Really True

	<u>for me</u>	<u>for me</u>			<u>for me</u>	<u>for me</u>
8)	1	2	Some teenagers are able to make really close friends	BUT	Other teenagers find it hard to make really close friends.	3 4
9)	1	2	Some teenagers are often disappointed with themselves	BUT	Other teenagers are pretty pleased with themselves.	3 4
10)	1	2	Some teenagers are pretty slow in finishing their schoolwork	BUT	Other teenagers can do their schoolwork more quickly.	3 4
11)	1	2	Some teenagers have a lot of friends	BUT	Other teenagers don't have very many friends.	3 4
12)	1	2	Some teenagers think they could do well at just about any new athletic activity	BUT	Other teenagers are afraid they might not do well at a new athletic activity.	3 4
13)	1	2	Some teenagers wish their body was different	BUT	Other teenagers like their body the way it is.	3 4
14)	1	2	Some teenagers feel that they <i>don't</i> have enough skills to do well at a job	BUT	Other teenagers feel that they <i>do</i> have enough skills to do a job well.	3 4
15)	1	2	Some teenagers are <i>not</i> dating the people they are really attracted to	BUT	Other teenagers <i>are</i> dating those people they are attracted to.	3 4
16)	1	2	Some teenagers often get in trouble for the things they do	BUT	Other teenagers usually <i>don't</i> do things that get them in trouble.	3 4
17)	1	2	Some teenagers do have a close friend they can share secrets with	BUT	Other teenagers do not have a really close friend they can share secrets with.	3 4
18)	1	2	Some teenagers don't like the way they are leading their life	BUT	Other teenagers do like the way they are leading their life.	3 4
19)	1	2	Some teenagers do very well at their classwork	BUT	Other teenagers don't do very well at their classwork.	3 4
	Really True	Sort of True				Sort of True Really True

	<u>for me</u>	<u>for me</u>			<u>for me</u>	<u>for me</u>
20)	1	2	Some teenagers are very hard to like	BUT	Other teenagers are really easy to like.	3 4
21)	1	2	Some teenagers feel that they are better than others their age at sports	BUT	Other teenagers don't feel they can play as well.	3 4
22)	1	2	Some teenagers wish their physical appearance was different	BUT	Other teenagers like their physical appearance the way it is.	3 4
23)	1	2	Some teenagers feel they are old enough to get and keep a paying job	BUT	Other teenagers do not feel they are old enough, yet, to really handle a job well.	3 4
24)	1	2	Some teenagers feel that people their age will be romantically attracted to them	BUT	Other teenagers worry about whether people their age will be attracted to them.	3 4
25)	1	2	Some teenagers feel really good about the way they act	BUT	Other teenagers <i>don't</i> feel that good about the way they often act.	3 4
26)	1	2	Some teenagers wish they had a really close friend to share things with	BUT	Other teenagers <i>do</i> have a close friend to share things with.	3 4
27)	1	2	Some teenagers are happy with themselves most of the time	BUT	Other teenagers are often not happy with themselves.	3 4
28)	1	2	Some teenagers have trouble figuring out the answers in school	BUT	Other teenagers almost always can figure out the answers.	3 4
29)	1	2	Some teenagers are popular with others their age	BUT	Other teenagers are not very popular.	3 4
30)	1	2	Some teenagers don't do well at new outdoor games	BUT	Other teenagers are good at new games right away.	3 4
31)	1	2	Some teenagers think that they are good looking	BUT	Other teenagers 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>
32)	1	2	Some teenagers feel like they could do better at work they do for pay	BUT	Other teenagers feel that they are doing really well at work they do for pay.	3 4
33)	1	2	Some teenagers feel that they are fun and interesting on a date	BUT	Other teenagers wonder about how fun and interesting they are on a date.	3 4
34)	1	2	Some teenagers do things they know they shouldn't do	BUT	Other teenagers hardly ever do things they know they shouldn't do.	3 4
35)	1	2	Some teenagers find it hard to make friends they can really trust	BUT	Other teenagers <i>are</i> able to make close friends they can really trust.	3 4
36)	1	2	Some teenagers like the kind of person they are	BUT	Other teenagers often wish they were someone else.	3 4
37)	1	2	Some teenagers feel that they are pretty intelligent	BUT	Other teenagers question whether they are intelligent.	3 4
38)	1	2	Some teenagers feel that they are socially accepted	BUT	Other teenagers wish that more people their age accepted them.	3 4
39)	1	2	Some teenagers do not feel that they are very athletic	BUT	Other teenagers feel that they <i>are</i> very athletic.	3 4
40)	1	2	Some teenagers really like their looks	BUT	Other teenagers wish they looked different.	3 4
41)	1	2	Some teenagers feel they are really able to handle the work on a paying job	BUT	Other teenagers wonder if they are really doing as good a job at work as they should be doing.	3 4
42)	1	2	Some teenagers usually <i>don't</i> go out with the people they would really like to date	BUT	Other teenagers <i>do</i> go out with the people they really want to date.	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>

43)	1	2	Some teenagers usually act the way they know they are supposed to	BUT	Other teenagers often don't act the way they are supposed to.	3	4
44)	1	2	Some teenagers <i>don't</i> have a friend that is close enough to share really personal thoughts with	BUT	Other teenagers do have a close friend that they can share personal thoughts and feelings with.	3	4
45)	1	2	Some teenagers are very happy being the way they are	BUT	Other teenagers wish they were different.	3	4

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