**Strengths Awareness Measure**

Think about how you are feeling right now as you answer each question below. Please rate your agreement with each of the items by using a 1 to 5 scale, with 1 indicating “strongly disagree” and 5 indicating “strongly agree.”

1. I can name my top five strengths.  
2. Understanding my strengths helps me do what I do best.  
3. I know how my strengths impact my relationships.  
4. I like to learn about myself.  
5. Behaviors I used to see as irritating I now see as strengths.  
6. I can see other people in light of their strengths.  
7. I know how to apply my strengths to achieve academic success.  
8. I want to know the strengths of the people in my life.  
9. I can easily relate what I am learning to who I am as a person.  
10. I have a plan for developing my strengths.

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**Strengths Self-Efficacy Scale**

Please respond to each of the following items thoughtfully. There are no right or wrong answers. Use the 10-point scale below to rate each of the statements as it applies to you.

<table>
<thead>
<tr>
<th>0 Not at all Confident</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5 Moderately Confident</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10 Extremely Confident</th>
</tr>
</thead>
</table>

*Strengths Building items; remainder are Strengths Application items.*