

Social Work Self-Efficacy

General Instructions:

This is a voluntary, anonymous survey. Although we do not want to know who you are, we do want to compare your answers now with your answers later. Therefore, we need a number that only you will recognize, but that when you use it – we will be able to match your initial answers with your subsequent answers. **Therefore, we want you to create your own identification number.**

Personal Identification Number Instructions:

You will do this by filling in the answers to the following questions in the spaces provided below. **Please print your answers clearly.**

1. In the first two spaces below fill in the two numbers representing the *month* you were born (e.g., February = 02).
2. In the next space, indicate whether or not you own a laptop computer by circling the **L** if you do or circling the **NL** if you do not.
3. In the next space, fill in the two letter abbreviation of the state you have always wanted to live in (e.g., New York = NY) but have not lived in as of September 1, 2000.
4. In the next space fill in the *name* of your all time favorite pet.
5. In the last space, circle the *sex* (F or M) and then fill in the *last name* of your favorite undergraduate professor.

____	____	L	NL	____	_____	F	M	_____
Mo. born		Laptop/No Laptop		State I have always wanted to live in	Favorite pet's name			UG Prof's sex & last name

Scale Completion Instructions:

We want to know how confident you are, in your ability to perform specific social work tasks. After you consider each task, please rate your confidence in your ability to perform that task successfully, by **circling** the number from 0 to 100 that best describes your level of confidence. What we mean here by *successfully*, is that *you would be able to perform the specific task in a manner that a social work supervisor would consider excellent*. The phrases above the numbers [0 = *Can not do at all*; 50 = *Moderately certain can do*; and 100 = *Certain can do*] are only guides. You can use these numbers or any of the numbers in between to describe your level of confidence. **We want to know how confident you are that you could successfully perform these tasks today.**

<i>How confident are you that you can. . . .</i>	<i>Cannot do at all</i>					<i>Moderately certain can do</i>					<i>Certain can do</i>
1. initiate and sustain empathic, culturally sensitive, non-judgmental, disciplined relationships with clients?	0	10	20	30	40	50	60	70	80	90	100
2. elicit and utilize knowledge about historical, cognitive, behavioral, affective, interpersonal, and socioeconomic data and the range of factors impacting upon client to develop biopsychosocial assessments and plans for intervention?	0	10	20	30	40	50	60	70	80	90	100
3. apply developmental, behavioral science and social theories in your work with individuals, groups and families?	0	10	20	30	40	50	60	70	80	90	100
4. understand the dialectic of internal conflict and social forces in a particular case?	0	10	20	30	40	50	60	70	80	90	100
5. intervene effectively with individuals?	0	10	20	30	40	50	60	70	80	90	100
6. intervene effectively with families?	0	10	20	30	40	50	60	70	80	90	100
7. intervene effectively with groups?	0	10	20	30	40	50	60	70	80	90	100
8. work with various systems to obtain services for clients (e.g., public assistance, housing, Medicaid, etc.)	0	10	20	30	40	50	60	70	80	90	100
9. assume the social work role of change agent / advocate by identifying and working to realistically address gaps in services to clients?	0	10	20	30	40	50	60	70	80	90	100
10. function effectively as a member of a service team within the agency and service delivery system, consistently fulfilling organizational and client-related responsibilities?	0	10	20	30	40	50	60	70	80	90	100

<i>How confident are you that you can. . . .</i>	<i>Cannot do at all</i>		<i>Moderately certain can do</i>						<i>Certain can do</i>		
	0	10	20	30	40	50	60	70	80	90	100
11. maintain self-awareness in practice, recognizing your own personal values and biases, and preventing or resolving their intrusion into practice?	0	10	20	30	40	50	60	70	80	90	100
12. critically evaluate your own practice, seeking guidance appropriately and pursuing ongoing professional development?	0	10	20	30	40	50	60	70	80	90	100
13. practice in accordance with the ethics and values of the profession?	0	10	20	30	40	50	60	70	80	90	100
14. analyze a critical piece of welfare legislation?	0	10	20	30	40	50	60	70	80	90	100
15. define the impact of a major social policy on vulnerable client populations (e.g., the Welfare Reform Act)?	0	10	20	30	40	50	60	70	80	90	100
16. use library and on-line resources to retrieve published articles and reports from the empirical research literature?	0	10	20	30	40	50	60	70	80	90	100
17. critically review and understand the scholarly literature?	0	10	20	30	40	50	60	70	80	90	100
18. evaluate your own practice using an appropriate research method (e.g., single system designs, brief measures such as scales, indexes, or checklists)?	0	10	20	30	40	50	60	70	80	90	100
19. participate in using research methods to address problems encountered in practice and agency based settings?	0	10	20	30	40	50	60	70	80	90	100

<i>How confident are you that you can</i>	<i>Cannot</i>		<i>Moderately</i>						<i>Certain</i>		
	<i>do at all</i>		<i>certain can do</i>						<i>can do</i>		
20. teach clients skills to relieve their own stress?	0	10	20	30	40	50	60	70	80	90	100
21. educate clients about how to prevent certain problems from reoccurring?	0	10	20	30	40	50	60	70	80	90	100
22. help clients to reduce dysfunctional ways of thinking that contribute to their problems?	0	10	20	30	40	50	60	70	80	90	100
23. help clients to anticipate situations that can cause problems for them?	0	10	20	30	40	50	60	70	80	90	100
24. teach clients specific skills to deal with certain problems?	0	10	20	30	40	50	60	70	80	90	100
25. help clients to understand better how the consequences of their behavior affect their problems?	0	10	20	30	40	50	60	70	80	90	100
26. teach clients how to manage difficult feelings?	0	10	20	30	40	50	60	70	80	90	100
27. demonstrate to clients how to express their thoughts and feelings more effectively to others?	0	10	20	30	40	50	60	70	80	90	100
28. help clients to practice their new problem-solving skills outside of treatment visits?	0	10	20	30	40	50	60	70	80	90	100
29. teach communication skills to clients?	0	10	20	30	40	50	60	70	80	90	100
30. teach clients how to manage their own problem behaviors?	0	10	20	30	40	50	60	70	80	90	100
31. show clients how to reward themselves for progress with a problem?	0	10	20	30	40	50	60	70	80	90	100
32. teach clients how to accomplish tasks more effectively?	0	10	20	30	40	50	60	70	80	90	100

<i>How confident are you that you can</i>	<i>Cannot do at all</i>		<i>Moderately certain can do</i>						<i>Certain can do</i>		
33. coach clients in how to make decisions more effectively?	0	10	20	30	40	50	60	70	80	90	100
34. teach clients the skills for reducing unhealthful habits?	0	10	20	30	40	50	60	70	80	90	100
35. show them how to set limits with others' dysfunctional behavior?	0	10	20	30	40	50	60	70	80	90	100
36. assess the level of their material resources?	0	10	20	30	40	50	60	70	80	90	100
37. monitor the delivery of services provided by several other providers?	0	10	20	30	40	50	60	70	80	90	100
38. advocate on others behalf?	0	10	20	30	40	50	60	70	80	90	100
39. make referrals to other services?	0	10	20	30	40	50	60	70	80	90	100
40. analyze social problems and policies relevant to the client's problems?	0	10	20	30	40	50	60	70	80	90	100
41. provide information about other services available to clients?	0	10	20	30	40	50	60	70	80	90	100
42. network with agencies to coordinate services?	0	10	20	30	40	50	60	70	80	90	100
43. reflect thoughts and feelings to help clients feel understood?	0	10	20	30	40	50	60	70	80	90	100
44. employ empathy to help clients feel that they can trust you?	0	10	20	30	40	50	60	70	80	90	100
45. provide emotional support for clients?	0	10	20	30	40	50	60	70	80	90	100
46. help clients feel like they want to open up to you?	0	10	20	30	40	50	60	70	80	90	100
47. employ the treatment relationship so clients can feel accepted for who they are?	0	10	20	30	40	50	60	70	80	90	100

<i>How confident are you that you can. . . .</i>	<i>Cannot do at all</i>		<i>Moderately certain can do</i>						<i>Certain can do</i>		
48. point out their successes to increase their self-confidence?	0	10	20	30	40	50	60	70	80	90	100
49. define the client's problems in specific terms?	0	10	20	30	40	50	60	70	80	90	100
50. collaborate with clients in setting intervention goals?	0	10	20	30	40	50	60	70	80	90	100
51. define treatment objectives in specific terms?	0	10	20	30	40	50	60	70	80	90	100
52. ask clients to evaluate the effects of treatment on themselves?	0	10	20	30	40	50	60	70	80	90	100

Please fill in any comments that you would like to share with us.

Thanks for your help!