

## Self-Confidence Survey

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Definition of Self-Confidence: For this survey, let's define self-confidence as your personal, subjective evaluation of your own ability or competence. You make this judgment by comparing your performance (as you see it) with the expectations you believe others have of you. In other words, your self-confidence depends on the distance you perceive between your "actual" ability to perform and the "ideal" performance you imagine.

Although all of us probably have a "global," general level of self-confidence, our feelings of self-worth and self-confidence can certainly vary with situations or settings. This survey focuses on your self-confidence in a particular situation, your clinical placement-not on your overall feelings. So, even though your levels of self-confidence in the placement and in the rest of your life are clearly related, focus your answers on the placement. Please be as specific and complete as possible.

1. Rate your self-confidence - how you feel about it in the clinic this week-by circling the appropriate number below.

1	2	3	4	5
Extremely	Low	Average	High	Extremely
Low		for me		high

2. Briefly explain the factors that contributed most to the above rating.
3. Overall, for the semester so far, how would rate your self-confidence?

1	2	3	4	5
Extremely	Low	Average	High	Extremely
Low		for me		high
4. If you were your own supervisor, what outwardly observable signs would tell you that your self-confidence was low?
5. What signs would tell you that your self-confidence was high?
6. Complete the following sentence: An instructor could raise (or has raised) my self-confidence by .....
7. How, specifically, do you raise your own self-confidence? (What works?)