

## Part 1



### S-DBS INVENTORY (Place in binder)

**Directions:** Read each statement and decide how well it describes you and your typical *behavior in school*. Then, by using the four-point scale below, rate each statement and write your response (i.e. 1, 2, 3, or 4) on the answer sheet in the appropriate space. Please answer every statement with: **3** That's really me; **2** That's often me; **1** That's me once in a while; **0** That's not me

- \_\_\_\_\_ 1. It is not very important for me to do well in school.
- \_\_\_\_\_ 2. When I become discouraged with school, I give up and don't try any more.
- \_\_\_\_\_ 3. I put a lot of time and energy into my schoolwork but I don't seem to accomplish very much.
- \_\_\_\_\_ 4. I have a hard time finishing homework or projects for school.
- \_\_\_\_\_ 5. It is difficult for me to start homework or study for tests without being forced or threatened by someone.
- \_\_\_\_\_ 6. I don't like to ask questions or *ask for* help because *I* am afraid of looking stupid.
- \_\_\_\_\_ 7. I don't do any of my school assignments until I absolutely have to or until they are past due.
- \_\_\_\_\_ 8. I usually blame someone else, like my teachers or parents, if I don't do my homework or receive bad grades.
- \_\_\_\_\_ 9. I usually feel sorry for myself when things go wrong in school.
- \_\_\_\_\_ 10. I don't seem to have much time for homework because of all the other things I want to do.
- \_\_\_\_\_ 11. I never seem to feel good about my ability to do well in school.
- \_\_\_\_\_ 12. I have a hard time paying attention in class.

**Scoring:** Add the numbers next to each of the twelve statements and write your total score below.  
TOTAL SCORE \_\_\_\_\_

#### Interpretation:

This is a brief description of the meaning of your score. You may want to discuss it with your advisor, counselor, parent or teacher.

Score of **24-36**: You have a self-defeating style of coping with school and should ask for help in changing these habits. You could ask a counselor, advisor, teacher or parent to help you.

Score of **13-23**: Your score is typical of many high school students. First, identify your goals for changing your self-defeating habits. Ask your family, friends, teachers, advisor, or counselor for help in accomplishing your goals.

Score of **0-12**: You have an EFFECTIVE style of coping with school.

Below, write the number 0, 1, 2, 3, or 4 next to each behavior listed below

- |                             |                                   |                                  |
|-----------------------------|-----------------------------------|----------------------------------|
| _____ Lack of motivation    | _____ Inability to complete tasks | _____ Little accomplishment      |
| _____ Lack of persistence   | _____ Inability to get started    | _____ Fear of failure            |
| _____ Procrastination       | _____ Looking for scapegoats      | _____ Excessive self-pity        |
| _____ Lack of concentration | _____ Ineffective time management | _____ Too little self-confidence |