

## Goals and Work Habits Survey

(Schuler, 1994)

**Directions:** This questionnaire asks about how you think and feel about your goals and work habits. Your answers will be kept secret. The information you provide will help us better understand students. There are no right or wrong answers. Please answer EVERY question, but give only ONE answer for each question. COMPLETE BOTH THE FRONT AND BACK OF THIS FORM.

### Information About You

Please CIRCLE the best answer to each question about you.

1. Which are you?            Boy            Girl
2. Are you . . . ?            White        Black        Hispanic     Asian        Other
3. Which grade are you in?            6th            7th            8th
4. How many brothers and sisters do you have? (other than yourself)  
    0 (only child)    1            2            3            4 or more
5. Are you . . . ?            The oldest            In the middle            The youngest

### Goals and Work Habits

Please CIRCLE the number that best corresponds to your agreement with each statement below. Use this rating system:

1 = Strongly Disagree	2 = Disagree	3 = Neutral	4 = Agree	5 = Strongly Agree					
					SD	D	N	A	SA
1.	My parents set very high standards for me.	1	2	3	4	5			
2.	Organization is very important to me.	1	2	3	4	5			
3.	I have been punished for doing things less than perfectly.	1	2	3	4	5			
4.	If I do not set the highest standards for myself, I am likely to end up a second rate person.	1	2	3	4	5			
5.	My parents never try to understand my mistakes.	1	2	3	4	5			
6.	It is important to me that I be thoroughly competent in everything I do.	1	2	3	4	5			
7.	I am a neat person.	1	2	3	4	5			
8.	I try to be an organized person.	1	2	3	4	5			
9.	If I fail at work/school, I am a failure as a person.	1	2	3	4	5			
10.	I should be upset if I make a mistake.	1	2	3	4	5			
11.	My parents want me to be the best at everything.	1	2	3	4	5			

**Please turn paper over to continue**

Schuler, P. A. (1999). *Voices of perfectionism: Perfectionistic gifted adolescents in a rural middle school* (RM99140). University of Connecticut, The National Research Center on the Gifted and Talented. <https://nrcgt.uconn.edu/wp-content/uploads/sites/953/2015/04/rm99140.pdf>

Adapted and used with permission from Frost, Marten, Lahart, and Rosenblate (1990).

		1 = Strongly Disagree	2 = Disagree	3 = Neutral	4 = Agree	5 = Strongly Agree										
							SD	D	N	A	SA					
12.	I set higher goals than most people.	1	2	3	4	5										
13.	If someone does a task at work/school better than I, then I feel like I failed the whole task.	1	2	3	4	5										
14.	If I fail partly, it is as bad as being a complete failure.	1	2	3	4	5										
15.	Only outstanding performance is good enough in my family.	1	2	3	4	5										
16.	I am very good at focusing my efforts on attaining a goal.	1	2	3	4	5										
17.	Even when I do something very carefully, I often feel that it is not right.	1	2	3	4	5										
18.	I hate being less than best at things.	1	2	3	4	5										
19.	I have extremely high goals.	1	2	3	4	5										
20.	My parents expect excellence from me.	1	2	3	4	5										
21.	People will probably think less of me if I make a mistake.	1	2	3	4	5										
22.	I never feel like I can meet my parents' expectations.	1	2	3	4	5										
23.	If I do not do as well as other people, it means that I am an inferior being.	1	2	3	4	5										
24.	Other people seem to accept lower standards from themselves than I do.	1	2	3	4	5										
25.	If I do not do well all the time, people will not respect me.	1	2	3	4	5										
26.	My parents have always had higher expectations than I have.	1	2	3	4	5										
27.	I try to be a neat person.	1	2	3	4	5										
28.	I usually have doubts about the simple everyday things I do.	1	2	3	4	5										
29.	Neatness is very important to me.	1	2	3	4	5										
30.	I expect higher performance in my daily tasks than most people.	1	2	3	4	5										
31.	I am an organized person.	1	2	3	4	5										
32.	I tend to get behind in my work because I repeat things over and over.	1	2	3	4	5										
33.	It takes me a long time to do something "right."	1	2	3	4	5										
34.	The fewer mistakes I make, the more people will like me.	1	2	3	4	5										
35.	I never feel like I can meet my parents' standards.	1	2	3	4	5										